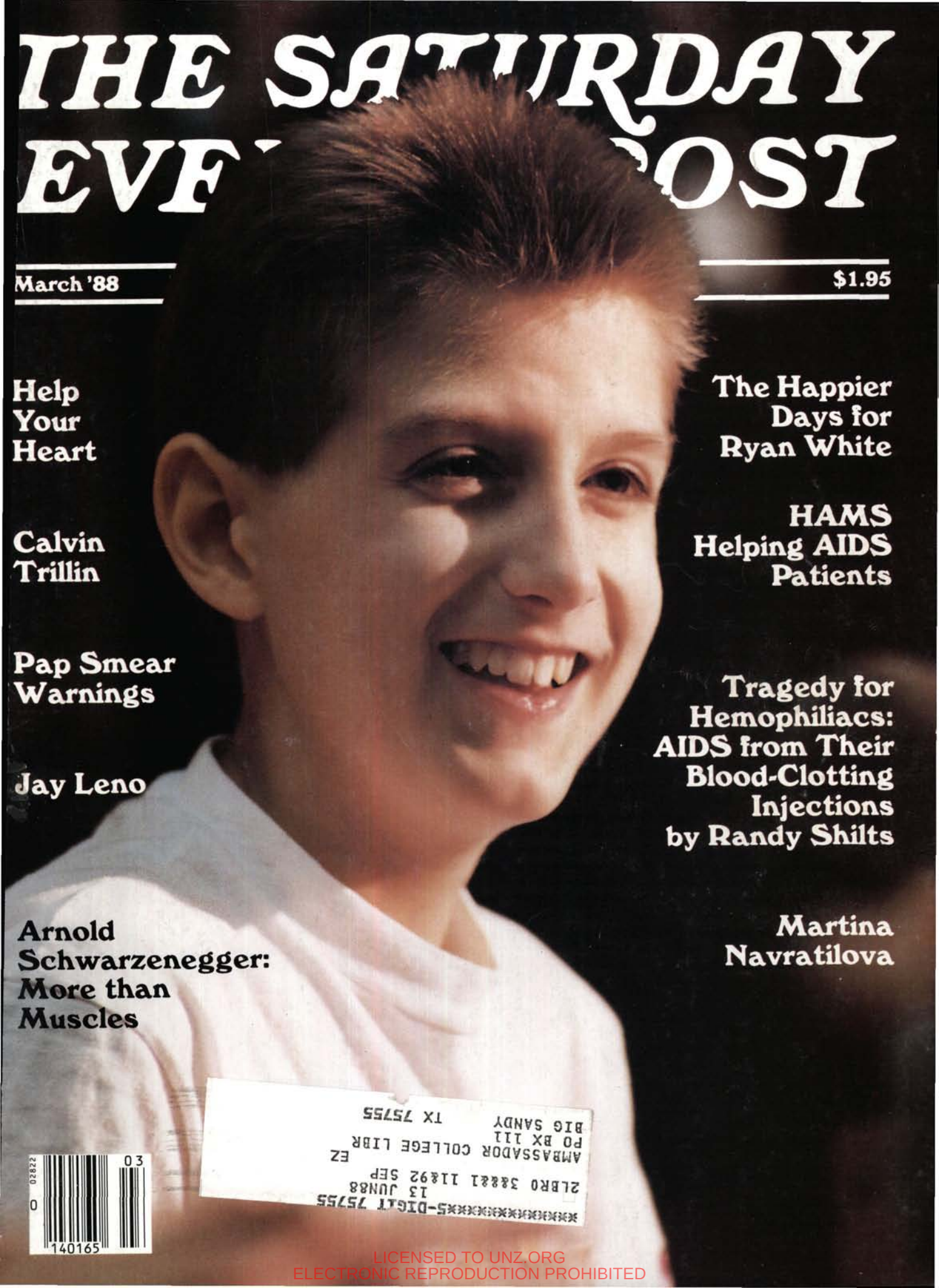

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That magical moment when a girl looks into a mirror and sees a young woman looking back...

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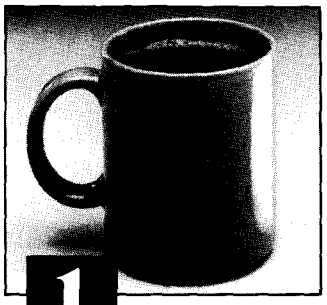
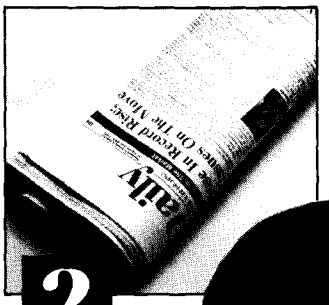
Five things you can do for 72¢ or less...



1 Enjoy a cup of coffee...



2 Pick up a newspaper...

3 Buy a few stamps...

4 Have a soft drink...

5 **Or make a lasting difference in the life of a child and family overseas through Foster Parents Plan.**

Here at home, 72¢ is the kind of pocket change you spend every day without thinking much about it. But for a child overseas, born into a world of desperate poverty, it can lead to a future full of promise and achievement.

Your spare change can change the life of a child. Forever.

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Don't wait—a child needs your help now.

Think about all the good you can do for just 72¢ a day, the cost of a morning coffee break. Then send your love and support to a child and family overseas, who need a chance for a better life. Please, do it now.

To start helping even faster, call toll free:

1-800-225-1234

Detach and mail or call toll free today.

Send to:
Kenneth H. Phillips, National Executive Director
Foster Parents Plan, Inc., 157 Plan Way, Warwick RI 02886

I want to become a Foster Parent to:

☐ **The child who has been waiting the longest,** or as indicated:

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☐ Any Age ☐ 6–8 ☐ 9–11 ☐ 12–14

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☐ Guatemala	☐ Thailand	☐ Sierra Leone
☐ Kenya	☐ Ecuador	☐ Sudan
☐ Philippines	☐ India	☐ Zimbabwe

☐ Enclosed is a check for $22 for my first month's sponsorship of my Foster Child. Please send me a photograph, case history, and complete Foster Parent Sponsorship Kit.

☐ I am not yet ready to make a decision. Please send more information about sponsoring a child overseas.

H390

☐ Mr. Mrs. ☐
☐ Miss Ms. ☐

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City State Zip

Founded in 1937, Foster Parents Plan is the leader in combining family assistance programs, community development, and personal communications between Foster Parent and Foster Child. These comprehensive programs provide long-term solutions to the unique problems facing Foster Children and their families. As a non-profit, non-sectarian and non-political organization, we depend on Foster Parents to make our work possible. A copy of our financial report is available, upon request, from New York Dept. of State, Office of Charities Registration, Albany, N.Y. or Foster Parents Plan. Your sponsorship is tax deductible.

Foster Parents Plan®
Help so complete, it touches a child for life.

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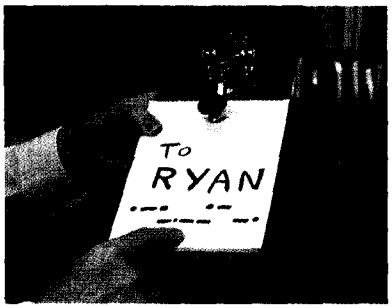

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(Cover photo by Jeff Atteberry, the *Indianapolis Star*)

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The names of characters used in all *Post* fiction and semifiction articles are fictitious. Any resemblance to a living person is a coincidence.

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After two heart attacks, Geoff Kimball took steps to save his life.

After two heart attacks and by-pass surgery, Geoff Kimball knew his life had to change direction.

What got him back on track?

His doctor.

Geoff attributes his active life to doing exactly what his doctor prescribes. His medical regimen includes a healthy diet, weight control, regular exercise, and taking an aspirin every day.

Geoff follows his doctor's advice. Every step of the way.

If you've had a heart attack or suffer from unstable angina, discuss a rehabilitation and treatment program with your doctor. Only a doctor can prescribe exactly what is right for you.

A message from the makers of

BUFFERIN®

In 1977, under the supervision of his doctor, Geoff Kimball began taking the Bufferin brand of buffered aspirin, and nine years later he became a paid spokesperson for the Bufferin brand.

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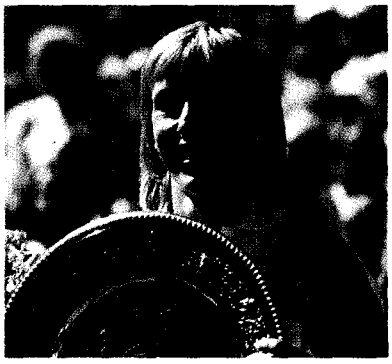

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Letters

Radon and Lung Cancer?

Your radon-kit offer was an answer to prayer. I had called city hall for one, but unless we were part of the utility companies' energy audit and had received financing for weatherizing our house, we couldn't get a kit. (We had the audit but financed the insulation ourselves.) They didn't know where I could get one. So, I said, "Lord, if You want us to get one, show us where."

And here it is!

Thank you, and God bless you richly.

Estelle Forsberg
Richland, Washington

Please send four test kits to test radon. My family has a basement. Part of the earth is exposed adjacent to the crawl space.

Next, my sister lives in a bottom-floor apartment partially below ground level in Athens, Georgia, where she attends the University of Georgia.

I live in Dublin, Georgia, in an old house built in the 1930s or earlier. I work in an area of offices where others smoke. I can tell the smoke goes everywhere, even across the hallway into my office. In the winter only heat is on—no air-exchange system operates. The place is "stifling" every morning from all the cigarette smoke in the main corridors. My dream is no smoking allowed inside the complex. Maybe I can breathe easy then.

Sarah Cunio
Dublin, Georgia

Editor's note: Thank you for participating in our radon-testing program. You are right to be concerned about both cigarette smoke and radon. A study by the National Academy of Sciences released at the beginning of the year emphasized that radon is a particular risk for smokers; in fact, Dr. Jacob Fabrikant, who headed the study, reported that the risk of lung cancer from exposure to both radon and smoking is greater than the sum of the two risks.

The report supported the Environmental Protection Agency's warnings that radon is a significant health risk.

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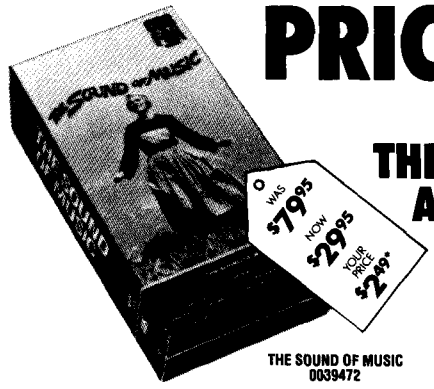

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THE MAGNIFICENT SEVEN	0534472	ANNIE	1516132			A ROOM WITH A VIEW	3615012		
RED RIVER	7507372	THE ROAD WARRIOR	6028212	GUYS AND DOLLS	3533592	LIGHT OF DAY	4944012		
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		LOST HORIZON	1916012	THE BRIDGE ON THE RIVER KWAI	1606302	VERTIGO	2136032	PSYCHO	1013372
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And the most economical way to start your movie collection, or add to it, is by joining the CBS Video Club. As a new member, you may have any 4 of the movies offered here—all 4 for $2.49 each, plus shipping/handling. (And you can even save up to $65 on a fifth movie—see Advance Selection box in the coupon.)

There's no membership fee for joining, nor do you have to buy a lot of movies. Just six more within the next three years. And you'll have no problem in finding six movies you want, because our library holds over 2,500 titles; from the very newest releases to classical favorites. Our regular Club prices currently range from $79.95 to $29.95, plus shipping and handling; and we also offer a selection of lower-priced videocassettes, down to $14.95. Your only membership obligation is to buy six movies for as little as $29.95 each—and you may cancel membership anytime after doing so.

How the Club operates: about every four weeks (up to 13 times a year) we send you our *CBS Video Club Magazine,* reviewing our Director's Selection, plus many alternate movies. And up to four times a year, you may also receive offers of Special Selections, usually at a discount off regular Club prices, for a total of up to 17 buying opportunities.

Choose only the movies you want: if you want the Director's Selection, don't do a thing—it'll arrive automatically. If you'd prefer an alternate movie, or none at all, just mail the card always provided by the date specified.

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As many as 10 million houses could be in excess of 4 picocuries per liter, the level of exposure at which the EPA believes concern is warranted.

We have had our home tested for radon and were surprised to find it was higher than it should be. We sealed up the cracks in our basement floor and closed up a drain. We want to thank you for sending the kit.

Martha Johnson
Greensboro, North Carolina

Editor's note: We're glad you mailed your kit in to the lab for testing. Any readers who ordered a gift kit with their contribution in December 1986 or in April 1987 and who did not send them in to the lab for analysis are urged to do so. If the kit has been stored in a dry place, it will not have deteriorated. If it was in a damp place, please do not *send it in, but rather request another test kit (please see page 18).*

Fever-Blister Problems

I'm writing to ask you for information on taking a lysine supplement for a child who gets fever blisters or canker sores in the mouth. My neighbor's child is eight years old and constantly has mouth sores. I have known others who have taken the L-lysine who it helped. I didn't know what to offer a child with this problem. How much should or can they take? Please, if possible, send me information on this. Thank you.

Lori Gill
Bunker Hill, Illinois

Editor's note: Dr. Richard Griffith of the Indiana University School of Medicine replies:

The dosage of L-lysine that I have been using in the treatment of herpetic infections in children is based on "Clark's Rule." This is based on the weight of the child:

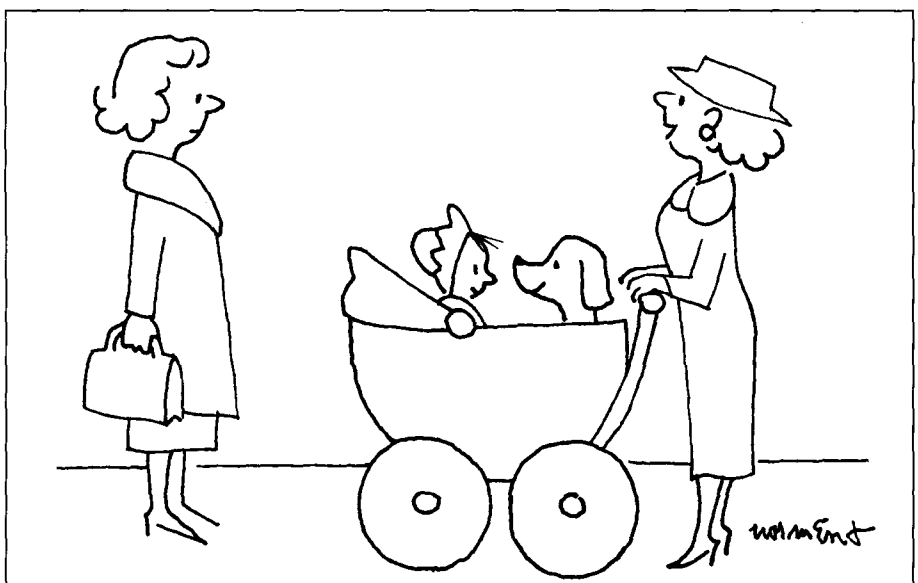
$$\frac{\text{Child's weight}}{\text{Adult weight}} \times \text{adult dose per day} = \text{child's dose per day}$$

For example, the child weighs 50 pounds. The average adult weight is 150 pounds.

$$\frac{50}{150} \times 3 \text{ grams} = 1 \text{ gram per day}$$

A 25-pound child would receive 500 mg per day, and a child weighing 100 pounds would receive two grams per day. I usually give the daily dose in two or three divided doses, in the morning, afternoon, and at night. I have not encountered any side effects from this schedule. Because some children cannot swallow the tablets, these can be crushed and mixed in applesauce. For the exacting pediatrician who prefers to give a precise dosage to children: 15 mg per kilogram of child weight can be given three times a day at eight-hour intervals.

Richard Griffith, M.D.
Indianapolis, Indiana



"We decided that a baby would make a nice companion for our dog."

A Very Old *Post*

I am enclosing two snapshots of a *Saturday Evening Post* of August 1909. It is owned by a neighbor of ours, and he brought it over for us to see. It is in very good condition, and I thought of you; perhaps you might be interested in it.

Our neighbor is along in years and would like, if this is of any value, to do something for hungry children. I called the "700 Club" to get your address. I don't know if it would be possible to work out something with their Operation Blessing and the owner. But it would be great if it were possible.

He is not very well at this time, and he may have to be hospitalized, so if this is anything that you would be interested in, you could get in touch with me and we can let him know what you feel can be done.

He will appreciate any help you can give him in this matter. If you care to call rather than write, our phone number is enclosed.

Mrs. Edward R. Smith
Umatilla, Florida

Editor's note: The Post *suggests a "silent auction" to see who would like to "bid" on this wonderful old issue of the magazine. The highest bidder would not only receive the magazine, but will also help to feed hungry children through the outreach of Operation Blessing. Send your bid to Mrs. Smith at 1 Palm Street, Silver Beach Heights, Umatilla, Florida 32784.*

The Society has a vast collection of

continued on page 10

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Whirlpool an[illegible] the first see-[illegible] refrigerator.

You'll never have to hunt for food again. Not in the back of the refrigerator. Not in the nooks and crannies of the freezer. Not anywhere. Because this new Whirlpool® refrigerator lets you see food better than you've ever seen it before.

Now there's nowhere for food to hide. You'll find just what you're looking for in this new Whirlpool refrigerator. Want something way in back? No problem. Now every shelf slides out so you can see and reach everything easily. Plus big gallon containers and three-liter bottles fit right in our adjustable door shelves.

Even the freezer makes finding food easy. Four big baskets in two different depths provide plenty of room for different shapes and sizes of food. And they all slide out to help you organize everything—and keep it in plain sight.

See how easy it is to keep clean. Whirlpool refrigerators have easy-to-clean interiors. Many have smooth glass shelves that wipe up easily, and special Spillguard™ shelves have raised edges to help contain spills. Vegetable crispers, meat keepers and bins remove for easy cleaning. And, of course, our textured steel doors help hide fingerprints.

We'll make it right, or we'll replace it free. You'll be satisfied with the quality and performance of your new Whirlpool appliance. Repairs, if needed, will be to your satisfaction…if not, we'll replace it free for up to a year.* That's part of our 100% Customer Commitment. And it's one more way we make your world a little easier.

Whirlpool
Home Appliances
Making your world a little easier.

*Retail purchases in the 50 states after June 1, 1987. Non-commercial use by original owner. Excludes range hoods. ©1988 Whirlpool Corp.

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The Disney Christmas Ornament Collection
Yours for only $9.50* each!

Here are the happiest, most charming, most delightful Christmas ornaments of all. Created by the artists of the Walt Disney Studio for you and your family to enjoy year after year. Finely detailed. Meticulously hand-painted. And utterly captivating.

Mickey finds himself entangled in a strand of Christmas lights. Donald flies through the air blowing a clarion call on his trumpet. Jiminy Cricket swings on a candy cane. Here, too, are Bambi, Pinocchio, Daisy Duck and Pluto. A total of twelve in all. Inspired creations from the wonderful world of Disney — now in a unique collection of Christmas ornaments.

Imagine the sheer fun of receiving these enchanting ornaments on an easy and convenient subscription plan at the rate of one new ornament each month. The anticipation. The delight as you hold each new ornament in your hands. And then — year after year — the beauty and charm and fascination of your Disney Christmas Ornament Collection hanging on your tree.

The ornaments are just $9.50 each — an outstanding value. And your satisfaction is guaranteed. Send no money now. Simply complete and return the Subscription Application.

© 1987 The Walt Disney Company

Ornaments shown smaller than actual size of approximately 4 inches in height.

*Plus shipping, handling, and sales tax.

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THE DISNEY COLLECTION
A Service of Grolier Enterprises
P.O. Box 1797, Sherman Turnpike
Danbury, CT 06816

Storage Box Free! Holds all 12 ornaments.

SUBSCRIPTION APPLICATION

THE DISNEY CHRISTMAS ORNAMENT COLLECTION

The Disney Collection
A Service of Grolier Enterprises

P.O. Box 1797, Sherman Tpk.,
Danbury, CT 06816

YES, please enter my subscription to The Disney Christmas Ornament Collection, created by the artists of the Walt Disney Studio, meticulously crafted and individually hand-painted. My 12 ornaments will be sent to me at the rate of one each month, at $9.50* (plus $1.50 shipping and handling) per ornament. I may return any ornament within 14 days, at your expense, for prompt refund or replacement. And I may cancel my subscription at any time by following the instructions on the invoice accompanying my shipment. At about the time of my fourth shipment, I will also receive a FREE storage box. 505509

I need send no money now. I prefer to pay as indicated below:

☐ DIRECT. *Please bill me for each ornament in advance of shipment.*

☐ BY CREDIT CARD. Please charge each ornament, when shipped, to my credit card:

☐ VISA ☐ MasterCard

Account # _____ Exp. Date _____ Mo./Yr.

Signature _____

Name _____
Please print clearly. All applications subject to acceptance.

Address _____

City _____ State _____ Zip _____

*Please allow 8 to 12 weeks for initial shipment. *NY and CT residents please add sales tax.* JCZ

SUBSCRIPTION APPLICATION

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Advertisement

Afraid You're Going Deaf?

Chicago, Ill.—A free offer of special interest to those who hear but do not understand words has been announced by Beltone. A non-operating model of the most popular canal hearing aid in America today will be given absolutely free to anyone who sends for this free model now.

Send for this model, it will show you how tiny hearing help can be. It is not a real hearing aid and it's yours to keep free. The actual aid weighs less than an eighth of an ounce, and it fits completely into the ear canal.

These models are free, so we suggest you write for yours now. Again, we repeat, there is no cost, and certainly no obligation. All hearing problems are not alike and some cannot be helped by a hearing aid but many can. So, send for your free model now. Thousands have already been mailed, so be sure to send your name, address and phone number today to Department 14248, Beltone Electronics, 4201 West Victoria Street, Chicago, Illinois 60646.

Offer not valid in California.

old Saturday Evening Post*s in our museum. We have only one for this date, and it is not in mint condition. Our bid is in the mail.*

It Worked for Chicken Pox

I have been reading the articles in the *SatEvePost* about L-lysine.

This past year, during the chicken-pox season, I told a friend of mine who has small children about it.

When the oldest of her children broke out with chicken pox, she immediately started to give him the L-lysine. And she gave it to a younger child who didn't have chicken pox.

She told me that she could tell [the improvement] by looking at the chicken pox that broke out after her son started to take the L-lysine. They were very small.

After that, the L-lysine got passed around to quite a few families, and everyone said that they could see a remarkable difference.

So this is a letter of thanks from a lot of mothers and kids from Altoona, Pennsylvania.

Mary Shumaker
Altoona, Pennsylvania

Editor's note: Thanks for this information. As a result of your letter, an Indianapolis pediatrician is setting up a double-blind study in which chicken-pox patients will be randomly selected for the lysine-supplement/low-arginine therapy. A similar group of children with chicken pox will be treated in the traditional manner to see if there is a difference in the two groups. You'll read about the results in this column. Until the vaccine is approved, chicken-pox patients will continue to be plentiful.

All Ideas Are Welcome

I always read your "Medical Mailbox" in the *SatEvePost*. In the September '87 issue I found an interesting note about "A Pox on Plantar Warts."

I believe that the stoppage of the smallpox vaccination is responsible for the AIDS virus' ability to cause disease, for this virus, like many other related ones, is controlled by the smallpox antibodies.

My best regards.

Alvaro Navia-Monedero, M.D., F.A.A.P.
Vice President for the South Zone of the Colombian Chapter of the American Academy of Pediatrics
Cali, Colombia, S.A.

Editor's note: When it comes to AIDS, we need all the ideas we can muster. Thank you, South America.

Help for Wegener's

My husband has recently bee diagnosed as having Wegener's grar ulomatosis. We understand that th is a very rare disease. Would yo please advise us if there is any infor mation available about this disease Maybe your readers would kno something about it. There is very littl information available here. My hus band is very weak—it seems like hi strength is being slowly drained away

Thanks for your consideration.

Jean Meye
Deltona, Florid

Editor's note: Wegener's granulomatosis is a disease process that involves the medium and small arteries, causing a specific change in the appearance of the involved organs. The cause is unknown.

Due to the potential for several organ systems to be affected, especially the lungs and kidneys, there could be several reasons for your husband to be feeling bad.

Although it is frightening to see your loved one ill with a newly diagnosed and confusing disorder, please realize there are medications that may help those suffering from this disease. Work with your doctor and keep yourself informed. The more you learn, the better you and your husband can deal with this disorder.

"As I'm sure you're all aware, gentlemen, our company's financial picture isn't getting any better..."

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"50% OFF IS NOTHING TO SNOOZE AT."

Willard Scott may not always know if it will rain on your parade or if the sun will come out tomorrow. But when it comes to overnight lodging at 50% off he can predict a lot of seniors will be racing to the great Howard Johnson Road Rally.

EVERYBODY WINS IN THIS ROAD RALLY.

If you're sixty or better, or belong to any national seniors' organization, you can get 50% off the regular rate at any participating hotel or lodge. Simply call 1-800-634-3464 and make an advance reservation.* (Or if you're in a hurry, you can still get 15% off anytime without a reservation.)

As the Road Rally Official, Willard says, "This is one special offer from Howard Johnson you don't want to sleep on." So call 1-800-634-3464 today.

HOWARD JOHNSON
Hotels & Lodges

THIS IS HOWARD JOHNSON

*Limited number of rooms available.
Offer valid through December 15, 1988.

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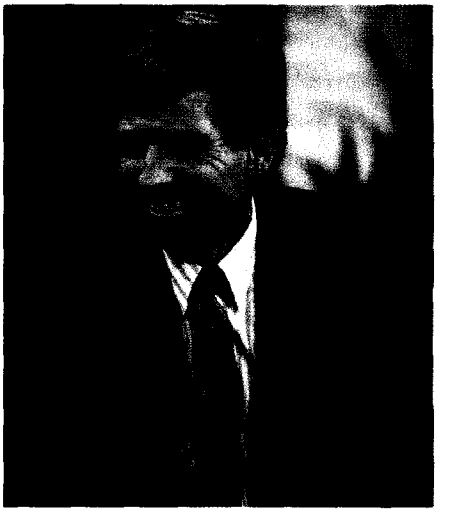
Post People

If you eat at Sam's Restaurant, recently opened on the edge of Manhattan's theater district, you'll enjoy the cuisine even more if you know that ***Mariel Hemingway*** supervises both restaurant design and food.

The movie actress, also known as Sam, and granddaughter of Ernest Hemingway, offers an uncomplicated cuisine. "If you stayed home and knew how to cook like your mother did, you'd make this kind of food," she says. Ergo, expect the menu to include such common-fare items as braised chicken with biscuits, roast chicken and mashed potatoes, poached fish with steamed veggies, and small "designer" pizzas.

"I am not a hero," ***Miep Gies*** writes in the prologue to the current best-seller *Anne Frank Remembered*, co-authored by Alison Leslie Gold. "I stand at the end of the long, long line of good Dutch people who did what I did or more—much more."

To learn what Miep Gies did, you need to tune in the stirring upcoming CBS-TV drama *The Attic*. Although Gies (left), played by Mary Steenburgen (right), could have elected to survive the occupation by paying lip service to the invaders, she instead risked her personal freedom to protect the family of her employer, Otto Frank (portrayed by Paul Scofield), and the van Daan family when they chose to go into hiding to avoid being sent to the Nazi death camps.



Gary Collins, the perennial emcee of the Miss America Pageant and host on "Hour Magazine," has been presented awards for AIDS coverage, which "Hour" has been doing since 1982.

Although viewer critics include Collins' 95-year-old grandmother (who says of his sex-related stories, "I know you've got to do it, honey, but I don't like it"), he finds that interest in AIDS has by no means waned. "People have come to realize," he says, "that the situation is getting worse."

More than just pretty, shapely, an talented, ***Kaye Lani Rae Rafko*** whose title suddenly changed fron Miss Michigan to Miss America, i also a spirited campaigner in ou country's battle against AIDS. Th 24-year-old nurse with the Hawaiiar name and the Ukrainian ancestry doesn't hesitate to speak out in favo of mandatory AIDS testing, but she says she's not sure her current role will allow her to advocate safe sex.

For all you nice guys who finish last and all you charming but insecure women who hide behind the palm tree at parties, America's leading authority on manners and social relationships has come to your rescue. ***Letitia Baldrige's Complete Guide to a Great Social Life*** (her latest of ten books) is loaded with down-to-earth advice on difficult situations—from kicking the shy habit and making friends in a new community to hosting a formal dinner party for 50 and putting an end to the lonely feeling after divorce or widowhood.

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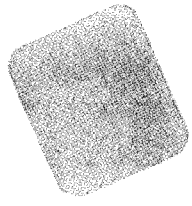
Did you almost forget to take your blood pressure medicine today?

When your doctor tells you that you have high blood pressure, he may also tell you that control of it starts with *never* forgetting to take your medicine.



Yet, of the 18 million people in the United States who are under treatment for hypertension, approximately 6 million *do* forget. And many more can't even remember if they did take their medicine.

If you are one of them, you undoubtedly have your reason. Perhaps it's because you travel a lot. Or you work different shifts, so you're either getting up when others are going to bed... or vice versa. Or you're raising teen-agers who occupy all your time and mind. Then again, you may have to take several medications, so you sometimes forget one.

Understandable! But not one of these excuses will ever help your health.

Today, however, science has found a way to help you remember. It's high blood pressure medicine you wear, for a week at a time. It comes in an adhesive patch that's easy to apply to your skin.

Like any medication, however, patch therapy is not for everyone. Ask your doctor about it. If he says yes and your body agrees, the patch can help you remember.

Ask your doctor about this form of medicine: you wear it...a week at a time.

Boehringer Ingelheim Pharmaceuticals, Inc., Ridgefield, CT 06877

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MONEY TALK

ANSWERING YOUR FINANCIAL QUESTIONS

by Venita VanCaspel

Q. How are dividends and capital gains taxed on mutual funds? Do you avoid being taxed if you don't have these distributions sent to you but rather reinvest them in additional shares?

A. Under the Tax Reform Act of 1986, dividends, and now capital gains too, are taxed as ordinary income in the years in which they are paid. You will be taxed on the distribution, whether taken in cash or reinvested. The IRS rule is that because you had the choice of receiving them in cash, it is a taxable event. Of course, if the fund is inside an IRA account of another qualified retirement program, it is allowed to compound without tax until withdrawn. At that time, the amount you withdraw is taxed as ordinary income.

"Your income doesn't balance again."

Q. The premium on my whole-life insurance policy will be due soon. There is a life-insurance agent trying to get me to buy a term policy and to invest the difference between what the whole-life policy costs and the term policy costs. Is this a good plan?

A. I would need to know more about you, why you are buying life insurance, the status of your health, etc., to give you a specific answer. However, let me give you some general guidelines. It may surprise you to learn that all life insurance is pure term insurance; however, certain policies that build cash-surrender value include a savings program. It is the savings program that can be the culprit, for it can have a negative rate of return if you've held the policy for only a few years and a low rate of return even if you've held it for a number of years.

You will never make a mistake about life insurance if you'll remember one simple rule: never combine living and dying unless you've learned to do both at the same time. If you are healthy enough to pass a physical, you can usually lower your cost per thousand if: (1) you have more than one policy; (2) you have cash-surrender value in your policies; (3) your policy is not on a current mortality table; or (4) you have a participating policy.

You should buy life insurance to protect your dependents until you have built a living estate. Then you will have sufficient assets to protect them and quit spending your money on life-insurance premiums.

Q. I've been reading about investing in registered limited partnerships that invest in apartments. Are these good investments, and if so, how do you select the right ones?

A. They can be good investments if you choose the right ones and you can afford nonliquidity for five to eight years. Do you need income now, or do you need to make your capital grow to produce income later? Once you've made that determination, you should seek out a financial planner or knowledgeable stockbroker who has studied the offerings available.

If your need is for income now, you may want to choose a registered limited partnership that pays all cash or mostly cash. However, if you do not need income for about four to five years, one that uses leverage (mortgage money) will usually pay more income by about the fifth year than an all-cash one. The reason is that more property can be bought.

A general partnership whose programs we use offers both all-cash programs and leveraged programs. Here are the projections of the anticipated cash flow. The crossover point on cash flow is at the fifth year.

	All-Cash	75% Leveraged
1st year	6.5%	1.5%
2nd year	7.0%	3.5%
3rd year	7.5%	5.25%
4th year	8.0%	7.0%
5th year	9.0%	9.0%

Q. Our first child, a lovely daughter, was born a few months ago. A life-insurance agent who attends our church has suggested we buy a life-insurance policy for her while she is still young, and the rate will be lower. Is this a good idea?

A. No! Of course the premiums are lower now, because premiums are based on likelihood of death. However, this does not mean there is a special rate table, for example, for those now 20 just because a policy was purchased on their lives earlier. No one is dependent on your child. She is dependent on you. As much as you love your child, until she is much older, she is a financial liability, not an asset. You want to protect your assets, not your liabilities. Until the breadwinner of a family is self-insured—meaning the breadwinner has sufficient assets to take care of his or her family—insurance premiums should be used to purchase life insurance on him or her.

If you have a money question you would like to have answered, write Money Talk, c/o *The Saturday Evening Post*, 1100 Waterway Boulevard, Indianapolis, Indiana 46202.

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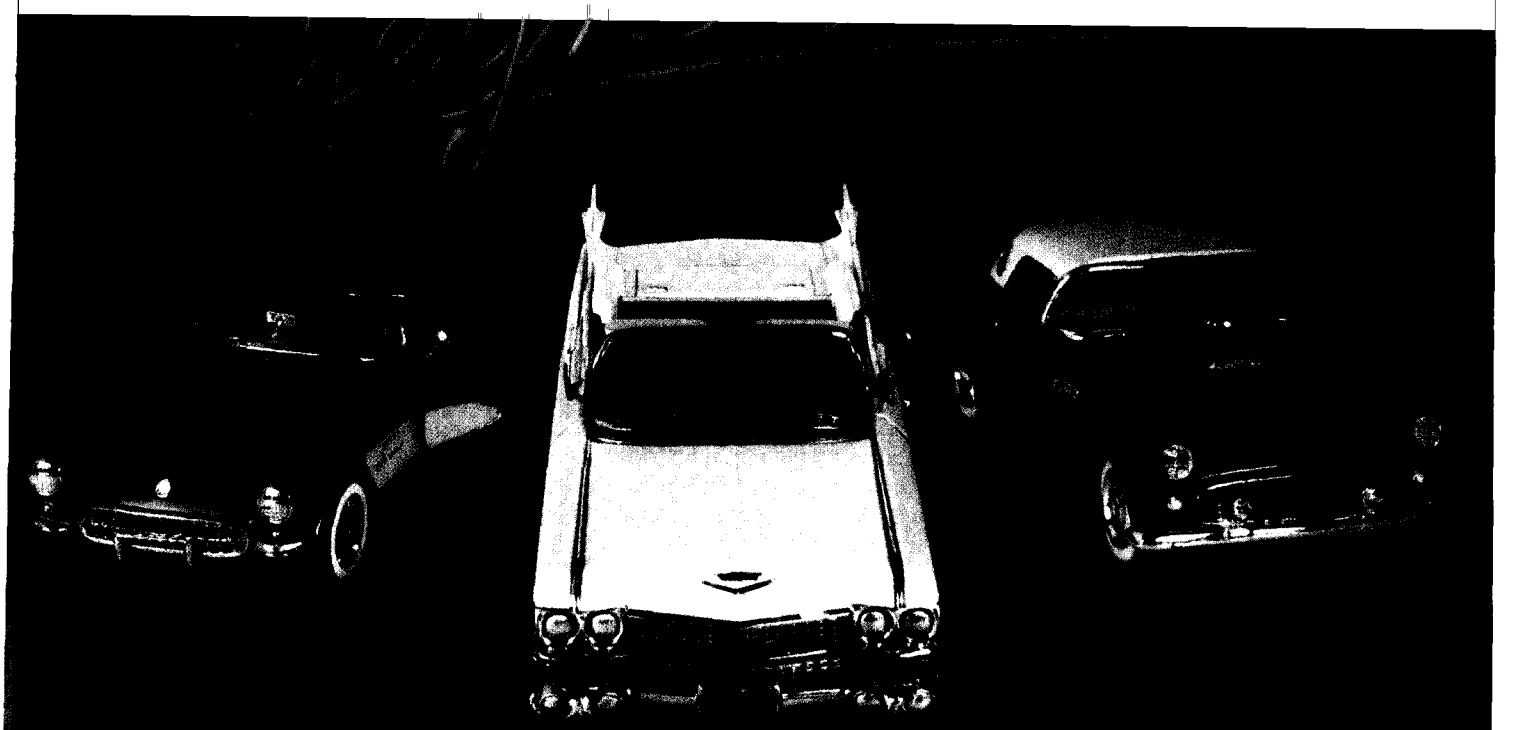


The Classic Cars of the Fifties

The Chevy and the Vette. The T-Bird and the Woodies. Unforgettable dream machines, to take us on a trip back through time.

They're all here! The Classic Cars of the Fifties. Twelve authentically detailed replicas, in the prized 1:43 scale. Each *loaded* with special features usually reserved for one-of-a-kind models costing hundreds of dollars or more.

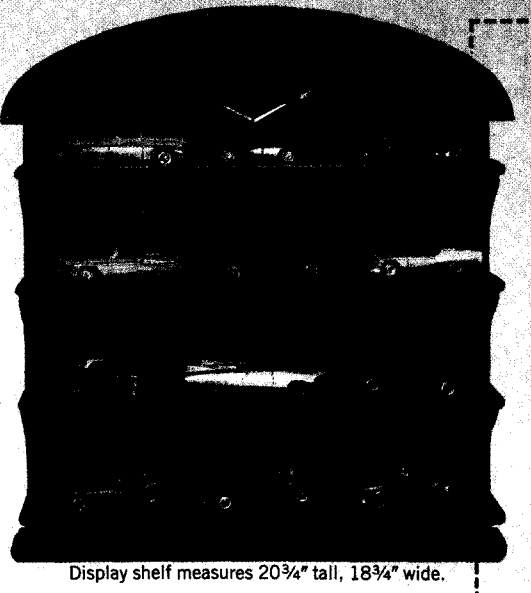
Hinged doors and hoods that open. Bucket seats. Sculptured engines and undercarriages. Painted, hand-polished metal exteriors. All in the cars' original colors. As many as *fifty separate components* hand-assembled to form a single car.

There's never been anything like it in the hundred-year history of model car collecting. Imagine! Classics of this size and detail at just $55 each.

And the wall display crafted of hardwood and veneer—is yours at no additional charge.

It's the definitive collection. With every car chosen by the connoisseur's

The most exciting cars of our lifetime, in the most dazzling collection of die-cast models ever!



Display shelf measures 20¾" tall, 18¾" wide.

Mint Piece

Each shows [illegible] Corvette 3/4 [illegible]

SUBSCRIPTION APPLICATION

Please mail by March 31, 1988.

Franklin Mint Precision Models
Franklin Center, Pennsylvania 19091

Please enter my subscription for *The Classic Cars of the Fifties*, consisting of 12 imported die-cast models in the prized 1:43 scale.

I need send no money now. I will receive a new replica every other month and will be billed for each one in *two equal monthly installments* of $27.50* each, beginning prior to shipment. The '50s-styled imported display, and a customized reference binder, will be sent to me at no additional charge.

**Plus my state sales tax.*

Signature _____
ALL APPLICATIONS ARE SUBJECT TO ACCEPTANCE

Mr.
Mrs.
Miss _____
PLEASE PRINT CLEARLY

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THE CHICKEN À LA KING QUESTION

Once the whole country seemed to be awash in chicken à la king—then mysteriously it disappeared.

by Calvin Trillin

Illustrated by Don Trawin

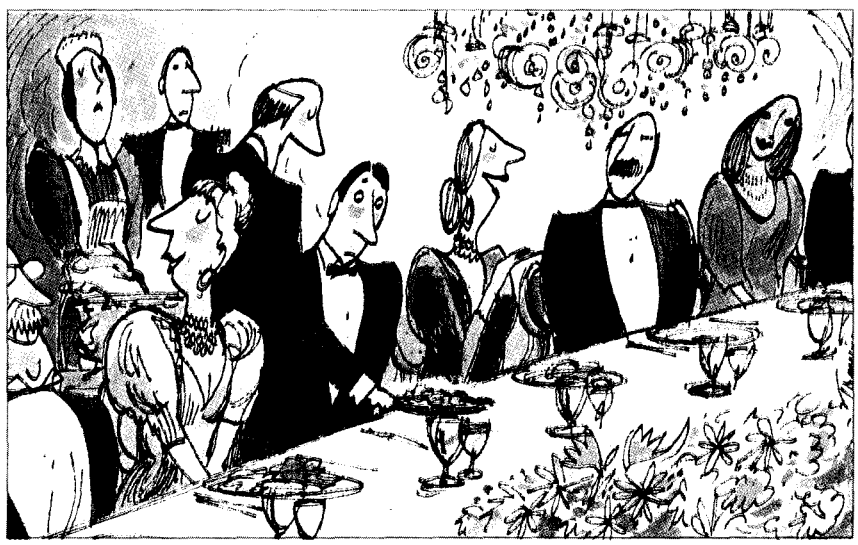
I've been wondering for a long time where all the chicken à la king went. A few years ago, I began to think that the government might have it stored somewhere—in huge silos, maybe, or in those salt caves in Kansas where they keep surplus rutabagas and old Army morning reports. When I come across a cluster of those silos on the plains, I figure maybe two of them have chicken à la king and the third one has beef stroganoff and the fourth one is filled to the top with Nehru jackets. I've been wondering for a long time where all the Nehru jackets went.

There must be billions of gallons of chicken à la king somewhere. There was a time—in the 1950s, say—when the whole country seemed to be awash in chicken à la king. Thousands of Kiwanians ate it at Kiwanis luncheons. Kiwanians ate so much chicken à la king that whenever I heard them sing their song "I'd Rather Be a Kiwanian Than in Any Other Club," I expected to hear a few lines in there about the health-giving qualities of the dish that was giving strength and succor to all Kiwanians everywhere.

There's nothing can defeat us,
Whatever life may bring.
'Cause we can go and eat us
Some chicken à la king.
So I'd rather be a Kiwanian than
in any other club.

In those days, rich people of the sort who were listed in the social register ate a lot of chicken à la king, doled out of silver serving bowls at wedding receptions and coming-out parties by waiters who looked snottier than the guests. This was not chicken à la king left over from the Kiwanis luncheon; a lot of the towns where rich society people live are so fancy that they don't even have a Kiwanis. This was brand-new chicken à la king. I had the opportunity to witness rich people eating it because one of them was my college roommate—Thatcher Baxter Hatcher, known as Tush. I ate chicken à la king at Tush Hatcher's wedding. I ate chicken à la king at the coming-out party for Tush Hatcher's sister Baxter Thatcher Hatcher. (She was known as Caca, since a suitor who was whispering sweet nothings into the ear of someone called Baxter might suddenly get the feeling he was talking to the CEO.) There was so much chicken à la king at Caca Hatcher's party that, as I danced the fox trot to the bouncy debutante music of Lester Lanin and his No Sex on the Dance Floor Orchestra, I half expected a chanteuse to step to the microphone and sing:

Our sacred club is safe
From those of non-WASP blood.
'Cause none of them apply:
They wouldn't eat this crud.



Rich people of the sort who were listed in the social register ate a lot of chicken à la king doled out of silver serving bowls at coming-out parties.

There was a time, in fact, when I thought that it might be chicken à la king consumption that was causing rich society people to talk without opening their mouths. I knew that the sauce that chicken à la king floats around in could get kind of gluelike, particularly when it sat around in silver serving bowls for a while, and I thought it might be bonding the rich people's teeth together. (I mean, of course, a single rich person's upper plate to his lower plate, not one rich person's teeth to another rich person's teeth. Although, now that I come to think of it, Tush Hatcher's mother talked a bit like her teeth were bonded to the teeth of Tush's father, or somebody.) I dropped the theory when I realized that my cousin Oscar, who was a mad-dog Kiwanian, consumed as much chicken à la king as any rich person, and he didn't talk without opening his mouth. In fact, Oscar erred a bit in the other direction, particularly when he was talking and eating chicken à la king at the same time.

In those days I would sometimes

continued on page 112

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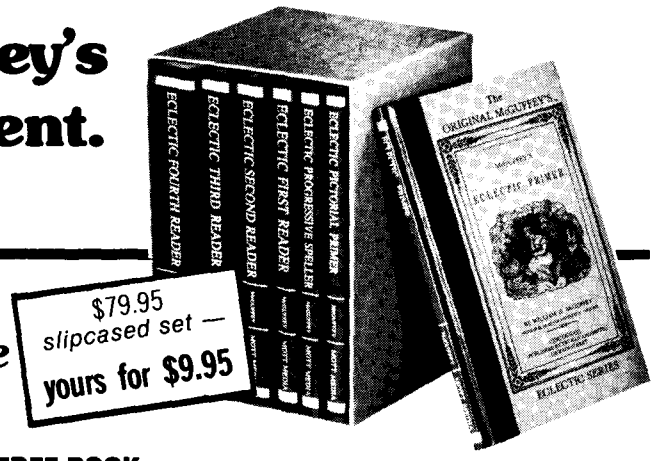
The original McGuffey's Readers were different. They were Christian



Now they're available again after 125 years. You can get the full set here and SAVE $70

FREE BOOK **Free with each set:** *McGuffey and His Readers: Piety, Morality and Education in 19th Century America* **by John H. Westerhoff III**

Rev. William McGuffey published his legendary Readers in the 1830s. Later editions, from 1857 on, were revised without his approval, and expurgated most references to religion. They were still excellent texts, but no longer Christian texts.

Now a Christian publisher, Mott Media, has reprinted the originals. We are offering them, with pride and admiration, for parents, godparents and grandparents who care enough to teach at home, or at least to *help*, the children they love.

The Original McGuffeys: 7 superb texts

Pictorial Eclectic Primer for Young Children. For kindergarten or pre-kindergarten: the alphabet, simple sentences and stories, charming original engravings.

Eclectic Primer. More advanced. For first-graders and bright kindergarteners.

Eclectic First Reader for Young Children. For second-graders or bright first-graders. Lots of spelling, and the words get as hard as "would" and "stalked" and "deranged."

Eclectic Second Reader. 85 lessons, each a well written story with a moral, some from Scripture or American history. Each lesson is followed by 1) questions drawn from it (e.g., How did Washington receive Lafayette? What is the Fifth Commandment? What is emulation?) and by 2) spelling words ("believed," "myrrh," "forsook"). When your children master this book, they'll be years ahead of their peers.

Eclectic Third Reader. Authors like Addison, Irving, Byron...Bible selections...excursions into history like the marvelous "Alexander the Great" — adults can read this book with pleasure. After your child of 8 or 9 finishes it, he's reading better, and understanding more, than most high schoolers.

Eclectic Fourth Reader. Quite beyond the average collegian today, yet within the reach of well trained 10-to-12-year-olds. Dozens of authors they should meet: Johnson, Webster, Milton, Jefferson, Schiller, Bacon, Southey, Bryant, Shakespeare, etc.

Eclectic Progressive Spelling Book. "Progressive" because it starts with basics and builds to an advanced vocabulary worthy of a graduate student. Not only definitions but pronunciations and usage in good sentences.

Mark Sullivan, in his 6-volume history, *Our Times*, ranks McGuffey up with Washington and Lincoln in influence. And a wonderful influence it was. Do your children deserve less?

Startling call from eminent professor of English

"Let's bring back McGuffey's Reader — **to College**" is how Carl Bode, University of Maryland, titled his article in **The Chronicle of Higher Education**. Wrote Bode: "I guarantee that regular doses of McGuffey will brighten their eyes and bring roses to their cheeks...teach them to concentrate on the printed page...give them some of the memorable poetry and prose of our Anglo-American inheritance...make them better men and women, not to mention better-spoken men and women."

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How the Club Works

Every 4 weeks (13 times a year) you get a free copy of the Club Bulletin, which offers you the Featured Selection plus a good choice of Alternates — all of interest to conservatives. ★ If you want the Featured Selection, do nothing. It will come automatically. ★ If you don't want the Featured Selection, or you do want an Alternate, indicate your wishes on the handy card enclosed with your Bulletin and return it by the deadline date. ★ The majority of Club books will be offered at 20-50% discounts, plus a charge for shipping and handling. ★ As soon as you buy and pay for 4 books at regular Club prices, your membership may be ended at any time, either by you or by the Club. ★ If you ever receive a Featured Selection without having had 10 days to decide if you want it, you may return it at Club expense for full credit. ★ Good service. No computers! ★ The Club will offer regular Superbargains, mostly at 70-95% discounts plus shipping and handling. Superbargains do NOT count toward fulfilling your Club obligation, but do enable you to buy fine books at giveaway prices. ★ Only one membership per household.

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Let's Be Partners and "Step On The Gas"

Radon gas sneaks into a house as quietly as a ghost in stocking feet.

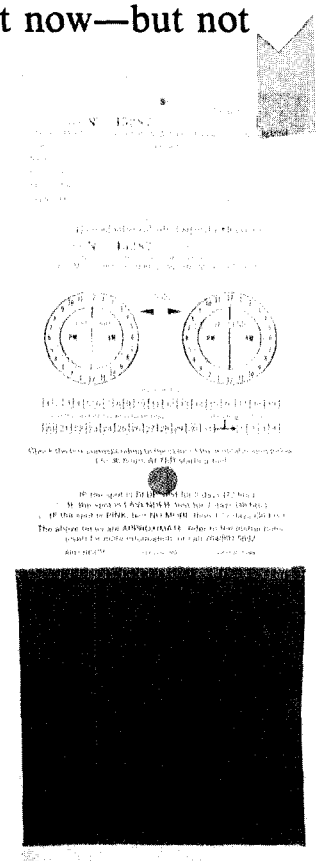
It's invisible, colorless, tasteless, and potentially lethal.

Not to worry?

That's what *you* think! This undesirable guest may be invading your house undetected right now—but not if The Saturday Evening Post Society can help it!

With your support, we will show our appreciation by sending you a charcoal-activated radon-detection kit. Rivaling the importance of smoke alarms in your house (we *hope* you have smoke alarms), this detector will be left in your house for three days, then mailed off (with $8.95) for analysis.

Radon appears to be responsible for about 13,000 lung-cancer deaths



Your easy-to-install radon detector hangs on the wall two to three inches above your basement floor.

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st possibly to save thousands of nonsmokers from cancer.

annually, according to a recently released study by the National Academy of Sciences.

You say there's no way radon gas can enter your house? Did you know that this stealthy invader slips into a house primarily from soil and rocks? It can seep in through cracks in concrete floors and walls, floor drains, sumps, joints, and tiny pores in hollow-block walls. With your kit you will be sent instructions from the Society for filling in your cracks and for other ways to seal up your home from radon in the event your radon level is high.

More than 200 readers have responded to a *SatEvePost* survey for people who have never smoked who have relatives with lung cancer or have it themselves. We especially urge such people to test their homes for radon.

Should your house test negative—meaning "no problem," which we certainly hope it will—don't feel that your contribution has been in vain. In addition to helping our comprehensive testing program locate radon-gas problem areas, you'll also be contributing to your Society's other cancer-prevention efforts.

Radon gas or no radon gas—only a detection kit will tell. You can't smell it, see it, or taste it. So . . . don't take chances. Mail your contribution in any amount *today*—and your detection kit will be on its way.

The Saturday Evening Post Society

P.O. Box 11379, Des Moines IA 50347-1379

Yes, I want to test my home for radon-gas contamination. Please send the Society's testing kit. I am enclosing a tax-deductible contribution to help pay for medical research.

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FOOD

TOUCH O' THE GREEN

Honor March 17th and your dinner guests this year with a menu surprisingly untraditional for a fabulous St. Paddy's Day feast.

by Patrick Perry

Irish folklore has it that venerable Saint Patrick was a wee bit reluctant when God first bade the saint to convert the pagans on the Emerald Isle. Displeased with Paddy's procrastination, God threatened Paddy with one of the Irish's most-dreaded irritants—a bad next-door neighbor. That grim prospect prompted good old Saint Pat to reconsider the request and decide on second thought that, yes, he would be so good as to follow God's calling to Ireland.

Thank you, St. Paddy. Imagine a year without St. Patrick's Day parades and the great camaraderie of the holiday. March would become a very dull month, indeed. Next to Christmas and Easter, St. Patrick's Day is probably the most celebrated day of the year in Irish households. My great aunt Mary O'Hennelley began the feast day by dipping into the jar of moist shamrock shipped to her annually from her sisters on the sod. Before we left the house, our shirt pockets were decorated with bright green silk bows from which dangled sprigs of the celebrated clover. "You'll be wearin' the green, I'll be tellin' ye that," she said in the heaviest of Irish brogues. "Don't be insultin' the saints, do ye know, or luck will turn against ye."

Honor March 17 and your guests this year with a fabulous St. Paddy's Day feast. Leave the pandemonium of the last-minute party behind. An unusual, nontraditional menu with just a touch o' the green begins with snowy, white Alaskan halibut with a crunchy Emerald Sauce. On the side, Kiwi-fruit Potato Vinaigrette proves an outstandingly different flavor complement to the delicious halibut.

A brunch on order? Try this menu: serve savory Alaskan halibut encased in flaky puff pastry shells, filled with a cream sauce dotted with a "confetti of green peas." Lighten up the fare with St. Patrick's Fruit Platter, an outstanding combination of fresh California kiwi fruit and canned Bartlett pears, arranged on lettuce and drizzled with flavorful Poppy-Seed Dressing.

Set the scene for a perfect party with appetizers. California Pistachio Spread is a tasty (and green) blend of cheeses, onion, lemon, and California pistachios—a perfect spread for fresh vegetables, crackers, or French bread. Artichokes with Green Garden Dip is a dramatic display for any St. Patrick's celebration. Follow the recipe exactly; then, arrange the artichoke petals in the center of your serving plate for a colorful, appetizing result. Irish coffee, tea, or a wee bit of the green bubbly will top off the spirited menu.

St. Patrick's Buffet Salad commemorates the green in grand fashion: artichokes, peas, and potatoes arranged on a platter of fresh lettuce, topped with Mustard Vinaigrette Dressing.

St. Patrick's Buffet Salad
(Makes 6 servings)

1½ pounds small boiling potatoes
Salt, if desired
Water
Mustard Vinaigrette Dressing

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(see recipe below)
1 California artichokes, sliced and cooked (see directions below)
½ cup frozen peas, thawed and drained
2 tablespoons minced parsley
12 (1 oz. each) thin slices cooked corned beef, if desired
5 California iceberg lettuce wedges

Cook potatoes in enough boiling salted water to cover; simmer about 25 minutes or until tender. Drain; cool slightly. Cut into ¼" slices. Pour half of Mustard Vinaigrette Dressing over warm potatoes; refrigerate until cold. Gently combine artichoke slices, peas, parsley, and potatoes. Roll up corned-beef slices. Arrange on platter with potato mixture and lettuce wedges. Pass remaining Mustard Vinaigrette Dressing.

Mustard Vinaigrette Dressing: Combine ½ cup oil, ⅓ cup white-wine vinegar, 2 teaspoons Dijon mustard, ¾ teaspoon salt (if desired), and ¼ teaspoon each pepper and sugar; mix well. Makes about ¾ cup.

To prepare artichokes: Bend back outer petals of artichoke until they snap off easily near base. Edible portion of petal should remain on artichoke heart. Continue to snap off and discard thick petals until central core of pale green petals is reached. Cut off top 2" of artichoke; discard. Cut off stem; rub all surfaces with lemon juice to prevent discoloration. Quarter artichokes lengthwise. Remove small prickly-tipped petals and fuzzy centers; rub again with lemon. Cut artichoke and stem into thin lengthwise slices. Add 2 tablespoons water and dash salt; cook, covered, over medium heat about 5 minutes or until water evaporates and artichokes are tender.

Artichokes with Green Garden Dip
(Makes about 1⅓ cups)

½ cup each *low-fat mayonnaise and low-fat yogurt*
½ cup minced fresh spinach leaves
¼ cup minced parsley
1 tablespoon minced green onion
2 teaspoons lemon juice
1 teaspoon Dijon mustard
¼ teaspoon oregano, crushed
Dash cayenne pepper or bottled hot-pepper sauce
2 California artichokes (see directions below)

Combine all ingredients except artichokes; mix well. Remove and reserve outer petals of artichokes. Discard small inner petals and fuzzy centers. Cut bottoms into bite-size pieces and arrange in center of serving plate; ring with reserved outer petals. Serve with mayonnaise-yogurt mixture.

To cook artichokes: Pull off lower, outer petals of artichokes; snip off tips of remaining petals. Cut off top third of artichoke; discard. Cut stems to 1" or less. Stand prepared artichokes in pot with 3" boiling salted water. If desired, oil, lemon juice, and seasonings can be added to cooking water. Cover and boil gently about 30 minutes or until petal near center pulls out easily. Drain.

Creamed Halibut Brunch Puffs
(Makes 6 servings)

½ cup sliced mushrooms
1 tablespoon margarine
1½ tablespoons flour
⅛ teaspoon each *salt and white pepper*
¾ cup skim milk
½ cup chicken broth
1 teaspoon lime or lemon juice
1½ cups cooked, flaked Alaskan halibut
1 cup fresh or frozen peas, thawed if necessary
Dash each *dill weed and bottled hot-pepper sauce*
6 baked puff pastry shells
Lime wedges

Sauté mushrooms in margarine. Add flour, salt, and pepper; cook and stir 1 minute. Add skim milk and chicken broth; cook and stir until mixture thickens and comes to boil. Sprinkle lime juice over halibut; fold halibut, peas, dill weed, and hot-pepper sauce into cream sauce. Heat thoroughly. Serve in pastry shells. (Purchase baked puff pastry shells or bake frozen, ready-to-bake puff pastry shells according to package directions.) Garnish with lime wedges.

California Pistachio Spread
(Makes about 1⅔ cups)

1 package (8 oz.) Neufchâtel cheese
4 ounces Monterey jack cheese, softened
3 tablespoons chopped green onion
1 tablespoon lemon juice
Dash garlic powder
⅛ teaspoon bottled hot-pepper sauce
½ cup coarsely chopped, natural California pistachios

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Blend cheeses, green onion, lemon juice, garlic powder, and hot-pepper sauce in blender or food processor until smooth. Fold in pistachios. Pack mixture into crock or serving bowl; cover and chill. Remove from refrigerator at least 30 minutes before serving.

Serving tip: Serve with sliced French bread, crackers, or fresh vegetables.

Poached Halibut with Emerald Sauce

(Makes 6 servings)

6 (4-6 oz. each) Alaskan halibut steaks, poached (see directions below)
½ cup white-wine vinegar
1 sliced small onion
2 sprigs parsley
½ teaspoon salt, if desired
4 peppercorns

Sauce:
¾ cup minced parsley
⅓ cup chopped almonds
¼ cup olive oil
3 tablespoons lime or lemon juice
2 tablespoons grated Parmesan cheese
¼ teaspoon each *garlic salt, coarsely ground pepper, and crushed basil*

Place single layer of halibut steaks in large skillet or poaching pan. Cover with boiling water. Add vinegar, onion, parsley, salt, and 4 peppercorns. Cover and return to boil. Reduce heat and simmer 5-8 minutes or until halibut flakes easily when tested with fork. Remove carefully with slotted spoon.

Combine parsley, almonds, oil lime juice, cheese, and seasonings blend well. Serve over hot, poache halibut. Garnish with lime wedges.

Cheesy Crab and Noodles

(Makes 6 servings)

6-8 ounces Alaskan-king-crab meat
6 ounces medium noodles
½ cup chopped celery
⅓ cup chopped green onion
1 clove garlic, minced
¼ cup butter or margarine, divided
1½ cups dairy sour cream
1½ cups cottage cheese
1 cup grated sharp Cheddar cheese
½ teaspoon salt, if desired
¼ teaspoon pepper
¼ cup fine dry bread crumbs
1 tablespoon grated Parmesan cheese
Chopped parsley

Thaw crab, if necessary; drain and slice. Cook noodles according to package directions; drain well. Sauté celery, onion, and garlic in 2 tablespoons butter or margarine; stir in sour cream, cottage cheese, Cheddar cheese, and seasonings. Add cooked noodles and crab. Spoon mixture into buttered 2-quart dish. Combine remaining 2 tablespoons butter or margarine, bread crumbs, and Parmesan cheese; sprinkle over noodle mixture. Bake at 350° F. 30-35 minutes or until thoroughly heated. Garnish with chopped parsley.

St. Patrick's Fruit Platter

(Makes 6 servings)

1 can (16 oz.) Bartlett pear halves
Leaf lettuce
2 cups shredded iceberg lettuce
2 or 3 California kiwi fruit, pared and sliced
Poppy-Seed Dressing (see recipe below)

Drain pears; reserve 1 tablespoon liquid for Poppy-Seed Dressing. Cut pear halves in half lengthwise. Line platter with leaf lettuce; arrange shredded lettuce in center. Place pears and kiwi fruit on lettuce. Drizzle with Poppy-Seed Dressing; pass extra dressing.

Poppy-Seed Dressing: Combine ¼ cup vegetable oil, 2 tablespoons lime juice, 1 tablespoon reserved pear liquid, 1 teaspoon sugar, ⅛ teaspoon dry mustard, and dash salt. Add 1 teaspoon poppy seeds; use wire whisk to

Cheesy Crab and Noodles could charm St. Paddy himself with its tasty blend of Alaskan-king-crab meat, sautéed vegetables, and creamy collection of cheese.

continued on page 100

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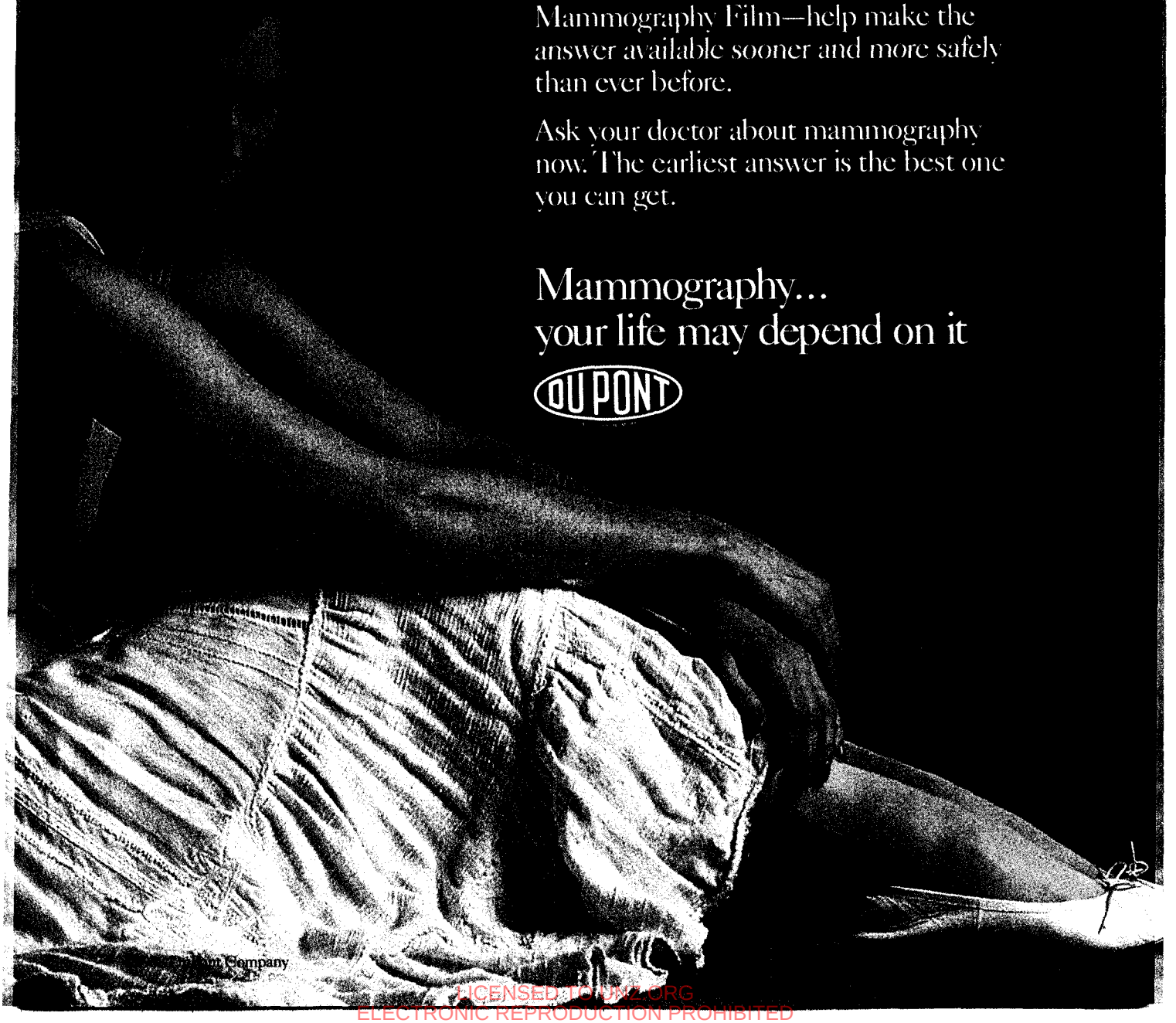

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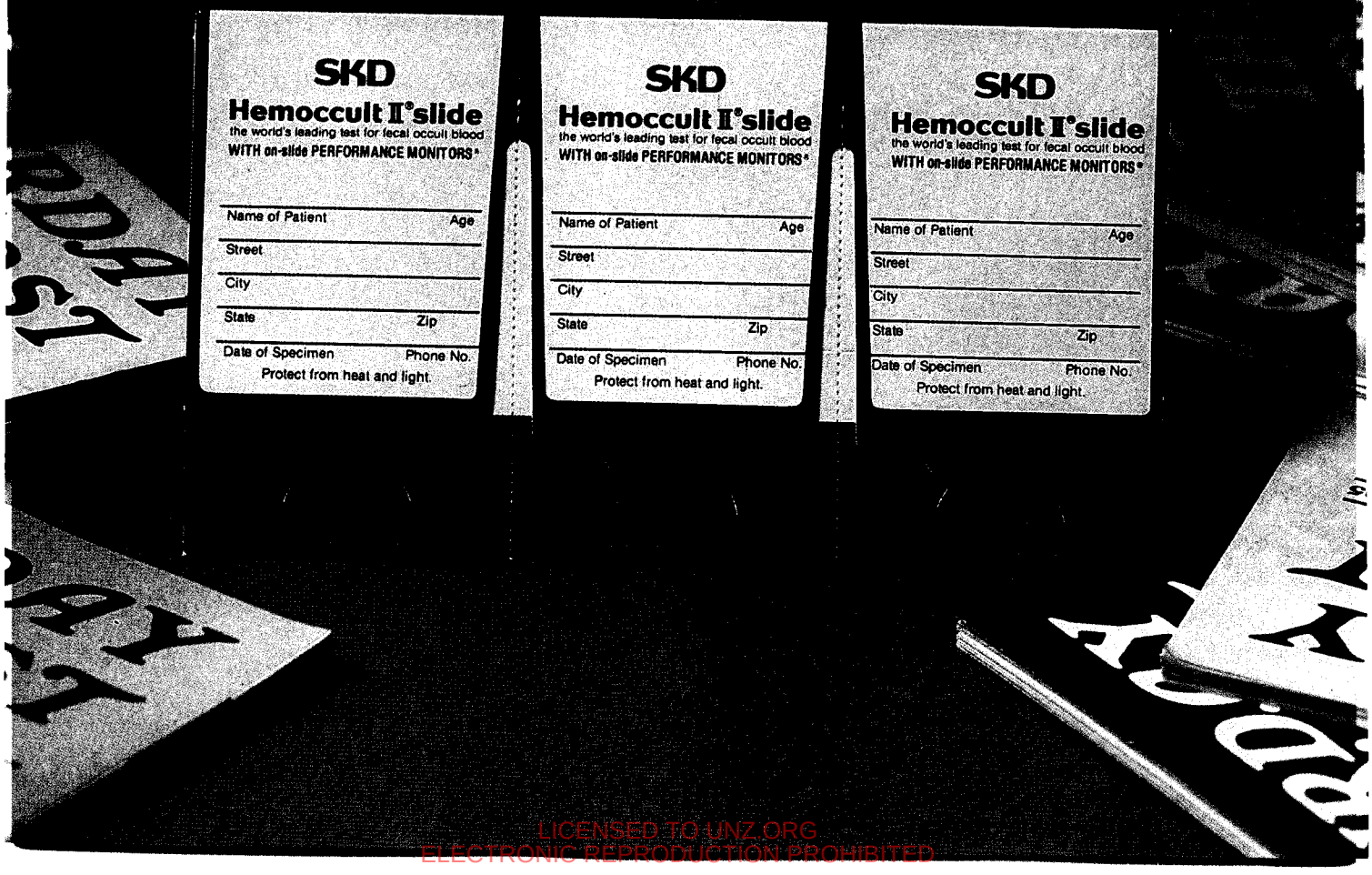

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Two definitions that you will not find, unfortunately, in your dictionary are for *The Saturday Evening Post* and for colon cancer screening. "Unfortunately" because both could possibly save your life, and one could save your equilibrium as well. They both could also save you some cash, as the Post is on a money-saving offer and the AMC Cancer Research Center's colon-rectal cancer screening is FREE.

Definition of *The Saturday Evening Post:* a magazine devoted to medical research and health tips that will lengthen your life . . . humor to broaden your smile . . . articles to deepen your knowledge of people and places, investments and home improvements, sports and resorts, religion and relaxing entertainment . . . fiction to heighten your reading pleasure.

Definition of colon cancer screening: the detection of hidden blood in the stool—an early indicator of colon-rectal cancer or other potential problems like ulcers, polyps, diverticulitis and hemorrhoids. A test kit, Hemoccult II®, the world's leading test for detecting hidden blood, will be sent to you free with a subscription to the Post or a renewal.

The co-sponsor of this program, the AMC Cancer Research Center, will analyze your test kit and notify you of the results free of charge. AMC is an independent, nonprofit cancer research center whose clinics and laboratories are located in Denver, Colorado, and whose community cancer control programs are carried out across the nation.

An estimated 145,000 cases of colon-rectal cancer will be diagnosed this year. Almost half will result in death. When colon-rectal cancer is detected and treated in an early, localized state, the five-year survival rate is 90 percent for colon cancer and 80 percent for rectal cancer. However, once the cancer spreads to other parts of the body, the survival rate drops to 51 percent and 38 percent respectively.

Afraid of what you might find out? Okay, let's say you are notified by the AMC Cancer Research Center that the test results are positive. It does NOT mean that you have cancer. This is a test for blood in the stool, not for any specific disease. In fact, only 5 to 10 percent of patients with positive test results have cancer. Millions of people complete this test each year because early detection and treatment of this type of cancer could save their lives.

If your results are negative, are you home free? Not necessarily—while this test is generally very accurate, you should keep in mind that it is not a complete colon-rectal cancer examination. It is just one vital recommended screening method.

The AMC Cancer Research Center conducts leading edge cancer research as well as major nationwide cancer control programs.

Who should take this test? Because colon-rectal cancer increases after age 40 for both men and women, everybody over 40 should take the test every year.

Forty years of age or not, what better time than *now* to take this all-important test and participate in the AMC Cancer Research Center's National Colon-Rectal Cancer Screening Program? And what better time to subscribe or renew your subscription to the all-family Post? Call it our belated Christmas present to you, and *The Saturday Evening Post* your after-Christmas gift to the family.

All it takes is your name and address on the card or coupon. Oh, yes, and your decision on a one-, two- or three-year subscription. (Psst! Three years offers the best bargain.)

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ROMANCING THE SEED

After firming the soil over those amazing little packages of life and energy in your garden, you water, watch, and wait for the miracle to happen.

by Dr. Ellen Henke

One of the magic moments in gardening comes that special spring day when for the first time you stretch a string across your garden to mark your line; you hoe a trench, and with great anticipation you set out your very first row of seeds. Next you close the trench and firm the soil. You water, watch, and wait for the miracle to happen.

Although many gardeners prefer to start with nursery transplants, starting from seed offers greater challenge and better variety. Seed catalogs, available free from seed companies, offer the best selection. They provide good reading and inspiration; in fact, many are so colorful and packed with information that you may want to collect them.

Choose seed varieties that have time to mature in your climate. Always look for early germination and high yield. Disease resistance is also important. Compact varieties are especially suitable for small garden spaces. Prospects of great size will interest those who want a listing in the Guinness Book of World Records. In some areas the plant's heat or cold tolerance will be important.

Advanced gardeners may want to try new selections and exclusives offered by the seed companies each spring. All-America selections, offered in most catalogs, are a good source of winners for your garden. Sometimes it's fun to try oddities, such as yard-long beans, blue potatoes, lemon cucumbers, or white eggplants.

Starting your flowers, vegetables, and herbs from seeds is easy. Varieties that require a long growing season (tomatoes, peppers, eggplants, etc.) should be started indoors. Simply fill two-inch plastic pots with a sterilized lightweight potting soil; plant four or five seeds in each pot; label the pots with the name and the date; cover them with plastic wrap; and place them on the furnace or anywhere they will get good bottom heat. The moment the seeds are "up," remove the plastic wrap and gradually place the pots in successively brighter light until they are in the sunniest place available.

When the "real" leaves develop—they are noticeably different from the first "seed" leaves—thin the crop to one plant per pot. When the weather moderates, place the pots outside, protected from sun and wind. This step is called "hardening off," simply an adjustment from the comfortable life indoors to the less predictable life outside. After all danger of frost is past, plant the seedlings in the garden on a cloudy day (so you don't shock them with too much sun on the very first day out). If you can't wait for a cloudy day, do your planting in the evening.

Before planting, be sure to dig deeply and to incorporate as much organic matter and compost as you can. A granular 5-10-5 fertilizer or the equivalent should be included for long-lasting effect. (A fertilizer with a high middle number promotes flowers and fruits in your vegetable and flower garden. The only exception will be leafy crops, which should be fertilized with a high first number to promote green growth.) If your soil is very poor, try building a raised bed.

Plant your seedlings at the level they grew from in the pots—a deep planting could strangle them. (But plant tomatoes as deeply as possible.) Plants started in peat pots should be removed before they are planted. Plant the usual straight rows, or else try square groupings

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close together (a good solution for the gardener with limited space, and it keeps weeds down, too). Lightly score the roots of root-bound plants with a pocket knife to encourage growth into the new soil; otherwise, the roots may grow in circles and eventually strangle the plant. As you plant your seedlings, firm the plants into place so the roots contact the soil; then water them with a diluted solution of liquid fertilizer (one-quarter strength).

If cutworms have been a problem in your neighbors' gardens, remove the bottom of a paper cup and slit one side of the cup lengthwise. Set this cylinder around the stem of your plant and about a quarter-inch into the ground to prevent cutworms from nipping your plants at ground level. Once the stems strengthen, you can remove the collars: cutworms, true garden gourmets, eat only the tender young stems. Keep the garden watered (one inch a week minimum) and treated with a liquid fertilizer once every four or five weeks. (Unlike the granular fertilizer you dig into the soil, liquid fertilizer is quick acting and not as long-lasting, so apply it more often.)

You can seed some flowers and vegetables right into your garden. Prime candidates are zinnias, marigolds, cosmos, cucumbers, squash, beans, and pumpkins. Be sure the soil is well-prepared, and bury the seed three times deeper than its size—not too shallow or too deep. After germination, thin the seedlings to allow enough space for development. You can eat some types of thinnings or else transplant them. If you have more than enough, give them to a neighbor. Whenever you have a question, just refer to the seed packet or the seed catalog. Either one will contain a wealth of information about how to grow garden plants from seeds, especially information about timing and light requirements.

Remember—the mission of the seed is to produce a plant that will yield more seed to continue the species. After that, it withers and dies. Prevent seed formation by removing faded flowers and by harvesting vegetables before they get old. Your plants will put all their energies into producing even more flowers and vegetables for your continued pleasure and enjoyment. That's *your* mission in the summer garden. Enjoy it!

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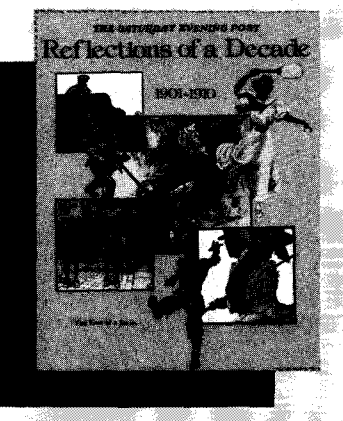

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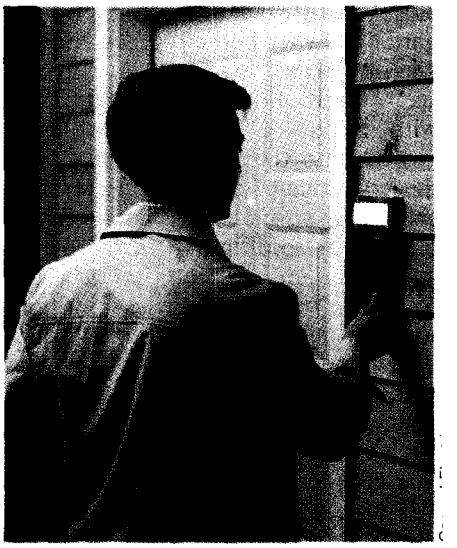
HOME IMPROVEMENTS

PUTTING YOUR HOME ON AUTOMATIC

Inexpensive new devices now bring you TV news, light your bedroom, start the coffee, turn on the heating or air conditioning, even warm up your curling iron—all before you are out of bed. And that's only the beginning.

by Jack Hayes



Waking to music and the smell of freshly brewed coffee is nothing new, but a home-automation system can make you think you're still dreaming. In addition to the music and the coffee, it can also turn up your thermostat, warm your bathwater, light your way to the bathroom and the kitchen, heat your breakfast in the microwave, warm up your hair curlers, and turn on the iron—all while you are still rubbing the sleep out of your eyes.

The technology for such a Jetsons-like home has actually been available for many years, though at a price that kept most homeowners from considering it seriously. Gradually, however, such respected names as Radio Shack, Sears, Stanley, Honeywell, and Schlage have entered the market, which has made home automation more affordable. "You can construct a primitive system for well under a hundred dollars and build up from there," says Roger Dooley, the publisher of *Electronic House* magazine.

For example, for under $50, you can buy a programable timer to control eight different lights and appliances from your bedside. Also for under $50, there are *remote* transmitters for the car—or the backyard or the house—to manually control lights and appliances the same way. One of Honeywell's modules actually calculates the time of sunset and turns on the light plugged into it at dusk year-round.

A simple home-automation system consists of receptor modules and a console that controls up to 16 modules. The messages you program into the console are sent to the receptor modules through your house's electrical wiring. Some receptor modules plug into wall sockets, and the lamps and appliances plug into them; others replace the wall sockets. Modules to control wall-switch lights replace the wall switches. You can purchase special modules to control your thermostat, telephone, and heavy-duty appliances.

If it's not convenient for you to control the lights and appliances from your bedside, kitchen, or back door, the answer could be a mobile console that sends your commands via radio signals. Such units can be useful to have in your car to turn lights on as you arrive home or off as you leave, to activate or deactivate the alarm system, and to open or close the garage door.

Have you ever gotten the sinking feeling during your coffee break that you left the coffee maker, the iron, or another appliance on? A console that connects to your telephone enables you to call your home and find out. If you have left appliances running, you can turn them off over the phone. You can also phone before leaving the office and turn on the heat or the air conditioning, a few lights, and the Crockpot, or you can call from your vacation condo and turn on the television or radio and a few lights to fool burglars.

Home automation has obvious benefits for the homebound, the elderly, and the handicapped. In addition, Schlage offers a central monitoring service for $15 a month. It responds to signals from the burglar, fire, and medical-alert devices that tie in with its Keepsafer system. A Chicago newspaper columnist concluded that Schlage's "fully loaded" *wireless* (and thus easily installed) alert system has more benefits than a $1,200 *wired* system that requires professional installation and servicing. Schlage has even hired a former burglar to help promote the system around the country.

For everyone but wizards, lighting one's castle used to require elbow grease and a good bit of time. Home-automation technology has made wizards of us all—now we all can command light with the mere wave of a hand over a motion-detector wall switch. Honeywell's model features a nozzle, so the beam can be directed down for children, and a narrow beam with adjustable sensitivity, so the light is not turned on or off accidentally.

Do you have a light switch in your house placed several steps from the door that requires you to feel your way in the dark? Have you ever dropped an armload when trying to turn on a light with your elbow? Honeywell also offers motion-activated light controls with wide-angle sensor beams to detect any movement in a room. When the movement stops, a timer you set for anywhere from 3 to 30 minutes counts down and shuts the light off.

Some might argue that the conveniences offered by home-automation products actually go over the line into superfluity. But it hasn't been all *that* long since the same argument was applied to the first incandescent bulbs that dimmed the flickering light of kerosene lamps.

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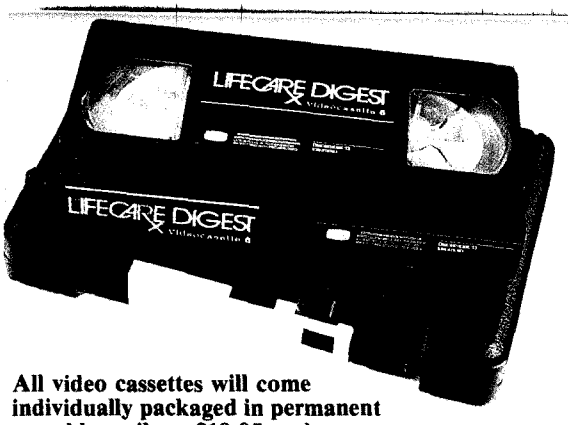

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LIFE ON THE HEMLINE

It's too bad that sewing is not mandatory in school anymore. It teaches you some great things . . . like making decisions and living with them.

by Catherine Foster

Illustrated by Coles Phillips

Short skirts are back and I for one am glad. In my salad days, I wore them in ever-shortened versions (to the rising dismay of my mother). After I got back from a trip to Europe while in college, I chopped off my hair and adopted a more refined look. My knees have been hidden ever since.

Oddly enough, it's the *innocence* of wearing short skirts that appeals to me; I feel as if a sculptor has carved away the marble, freeing up a French schoolgirl.

I'm sure others will feel they've been put *in* bondage; you can't take as long strides in these short ones, and anyone with a scrap of modesty will agree that adjustments have to be made in how one sits and picks up things. But long skirts are no picnic, either; you have to lift them up every time you climb stairs. Real great when you're carrying a briefcase.

But the true reason I'm glad short skirts are back is that I can start sewing again. For the past few years, when styles were long and wool expensive, it was a whole lot easier and cheaper just to buy them. Especially the ankle-length kind with all those tiny pleats.

In junior high and high school, short on cash, I sewed everything from smocked aprons for my mother to pants and straight skirts all the time. Skirts took a yard of material, a zipper, a couple of seams, and an hour of time.

Now that I'll be adding such grown-up touches as a kick pleat in the back, lining, and a hand-sewn zipper—things not so important for a 15-year-old southern Californian—it'll now probably take me three hours. But what a wonderful thing to be able to buy a wad of material and a few hours later walk out wearing it.

I've missed sewing. Missed the hours spent mentally polishing the dream until I could see the item, the color and weight of the material, and what I would look like in it. Missed the 20-minute walk to Maxim's, a basement fabric store, with hundreds of bolts of material stacked this way and that on dusty shelves. Missed pawing through demure cotton prints, fuzzy pink bathrobe material, slinky satins, and coarse burlap until I saw the fabric that matched the vision in my head.

Then came the scary moment of telling the clerk how much I wanted and hoping I had calculated correctly. Unlike shopping in a store, where you can bring back something you've bought, once the salesperson has cut the material, you are stuck with it. Committed.

Once I'd gotten back home, I'd wash and iron the material, fold it in half, and line up the selvages (finished edges of the fabric). One of the big thrills was first opening up a new pattern and laying out the thin, crinkly beige sheets on the material.

I always tried to outsmart the pattern folks by finding more economical ways of fitting the pattern on. (I used to be convinced the pattern people and the fabric people had a deal going to get us to buy as much material as possible; the waste from all that unused material would clothe a Third World country!)

Next came cutting the material. That, too, was a point of no return. If you put the front piece, which is supposed to go on the *fold*, on the *selvage*, forget it! No skirt. So I always spent a long time chewing my lip, checking and rechecking, before taking that first cut.

Once through those potentially devastating decisions, the sewing itself was almost a breeze. Darts. Back center seam. Zipper. Side seams. Waistband: sewn on the outside of the skirt, flipped over, and hand-stitched down. It was always a cozy time for my mother and me. I'd stand on a chair while she would measure the hem with a yardstick ("Middle of the knee, dear?" "No! One inch above!") Slipstitch the hem. Press. *Voilà! une* skirt!

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THE FASTEST COMIC ON TWO WHEELS

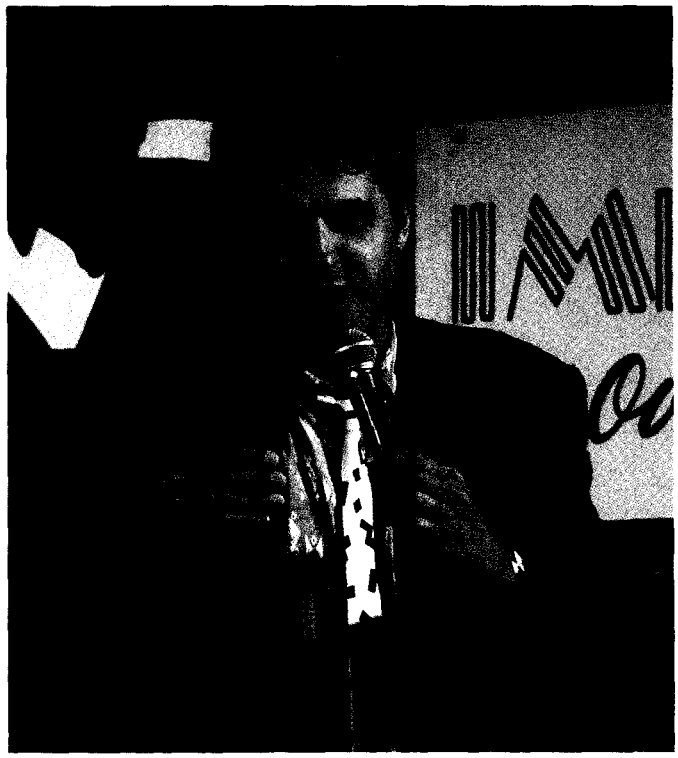
Jay Leno, a made-in-America funnyman, collects old motorcylces, writes his own material, and absolutely refuses to do jokes on drugs.

by John McCollister

The noise was deafening, and there wasn't a thing he could do about it—not just yet.

The headlining comedian nervously tapped his foot on the wooden floor in the back of the smoke-filled nightclub as he waited to walk onto a tiny stage in front. Due to technical difficulties with the sound system, the show was ten minutes late in starting. The audience, mostly college students and members of a local motorcycle club, impatiently began a rhythmic pounding of glasses and bottles on their tables. Most of them hurled insults at the scheduled entertainer they had not yet seen.

Once the show began, however, young Jay Leno showed that in addition to a bachelor's degree earned a few years earlier he should have received a master's in charisma. With a combination of solid material and personal charm, he turned the jeers into laughter as he poked fun at current events and personalities in the news. At the end of his monologue, the audience showed its approval with a standing ovation.



A combination of personal charm and material that he writes himself pays Leno in laughter, cash, and standing ovations.

Jay Leno was a hit. But not even the most astute seer could have predicted the supercharged rise of this lantern-jawed native of New Rochelle, New York.

Leno had entertained others since childhood. "I was the class clown," he says, "but the things I'd do—flush tennis balls down toilets, lock dogs in lockers—were not exactly career moves.

"Once in grade school the teacher was telling us about Robin Hood. 'And people were very cruel back then,' she said. 'They killed others by boiling them in oil.' I ad-libbed for the first time, 'But they couldn't boil Tuck. He was a friar.' The class broke up."

Throughout high school, Jay realized that he might not know every answer to questions about history or math, but he was keenly aware that he could say things that made people laugh. Later, when he attended college, he earned some of his tuition money by entertaining in local coffeehouses. Other expenses were covered through his salary as a part-time Mercedes-Benz and Rolls-Royce mechanic.

Most graduates interview with established corporations. But Jay Leno chose to compete in the dog-eat-dog world of professional show business.

Close friends tried their best to change his mind. They reminded him that although he was popular around Boston neighborhoods and in some small New York clubs, he was an unknown in the entertainment capital—Los Angeles. On top of that, he had no connections. The warnings notwithstanding, Leno purchased a one-way ticket to California.

Agents weren't pounding on his door the day of his arrival, and job offers were sporadic. What little money he had disappeared quickly; sleeping arrangements were more creative than comfortable. He took refuge in downtown missions, under the stairs of the Comedy Store on Sunset Strip, and, eventually, in the backseat of a 1955 Buick Roadmaster he acquired. Limited engagements at sleazy nightclubs brought in just enough money to keep his stomach and the Roadmaster's gas tank relatively full.

"It was tough," he admits. "I'd meet a kindly waitress who would let me use the bathroom; then I drove across town to use someone else's shower. I figured it was handy training in the event I ever had to hide out from the police."

When he did work, it was for near-poverty wages at offbeat clubs. One prospective manager even tried to persuade him to be a comedian-wrestler. "As much as I could use the

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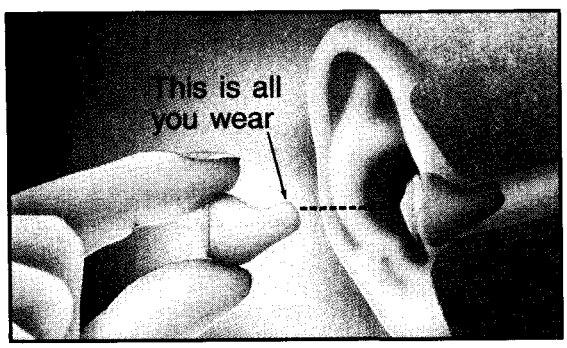

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money, I passed on that one," Leno says.

His first big break came when the television comedian Jimmie Walker, impressed with Leno's quick wit, hired him. The job gave Leno an opportunity to sharpen his awareness about the funny side of such everyday things as television, fast foods, and air travel. "I fly the smaller airlines," he wrote. "You know that kind—when the pilot stops along the way to show the plane to his friends."

Leno's second break was meeting and befriending another starving comic—David Letterman. Leno helped Letterman find work when the comic, fresh from Indianapolis, was trying to break into the L.A. comedy scene. Soon, the two became pals who helped each other in their common struggle for recognition and survival.

Leno's exposure and popularity steadily increased through several TV appearances with Johnny Carson and Merv Griffin. Viewers throughout America had the opportunity to hear some of Leno's current-events humor, such as his crack after Nancy Reagan had just won a humanitarian award: "It's good to see she beat out the scheming little Mother Teresa."

Years later, when his chum Letterman was hired by NBC to host "Late Night with David Letterman," Leno was one of the first guests. Leno was at top form chatting with his host and members of the studio audience about life in Hollywood. "If God doesn't destroy Sunset Strip," he observed, "He owes an apology to Sodom and Gomorrah."

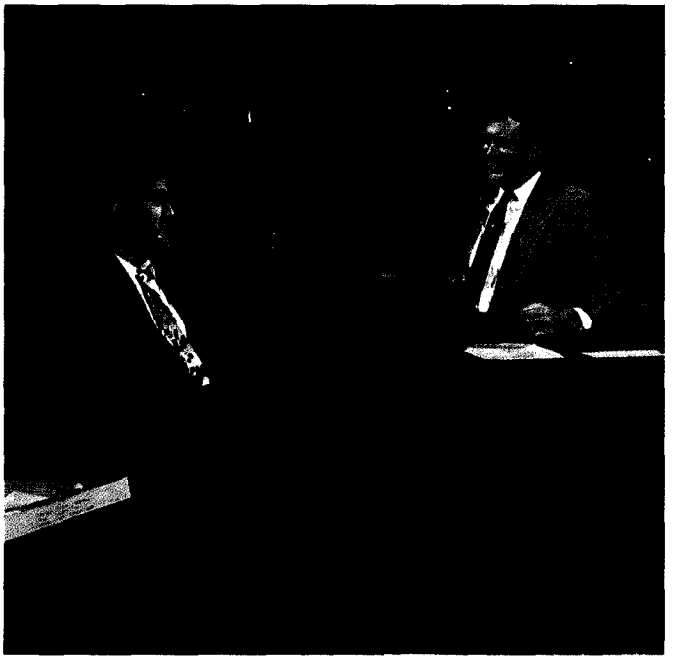
National reaction to Leno was so enthusiastic that he was invited back again—and again. He has now had more guest shots with Letterman than any other celebrity has. "Jay Leno," Letterman says, "is the funniest comedian working today."

Leno's humor is clean, yet he can get laughs from the most sophisticated crowds. He feels there is such a thing as "a wrong kind of laugh." "It's a matter of doing what's essentially true," he says. "Once a friend of mine said something funny about drugs, and when we all laughed he said, 'You should try that on stage.' 'I don't do drug jokes,' I said. 'That's O.K. Try it,' he said.

"So, I'm doing this act, and I throw out this drug line, and it gets a big laugh. At the end of the show, this guy comes up to me and asks, 'What was this thing you did about drugs? That doesn't sound like you. Do you use drugs?'

"This is amazing, I thought. After 90 minutes this guy picks out the one line that was not mine. Never again will I do something that is not a part of what I do."

Leno's approach to comedy reflects his lifestyle. "I know people who finish their act and say, 'I've got to get drunk and have some sex in this town.' When I finish my act, I go back to my room and watch television, or I'll go out for pizza with a friend. I'm hopelessly American. If something doesn't come in a Styrofoam box with a lid on it, I'm lost."



Who should know better than TV's late-night Dave Letterman that "Jay Leno is the funniest comedian working today"?

In spite of his reserved personal behavior, it did not take long for others to notice his rich, unmined talents. He was invited to work his two-hour-plus sets throughout the United States, only now in first-rate clubs and houses. In 1986, he performed before a sell-out crowd in Carnegie Hall.

Most press agents would call this a "one-man show" or entitle it "An Evening With . . . ." But that's not Leno's style. "I hate these terms," he says, revealing a blue-collar attitude toward his craft. "I stand up in front of people and tell jokes. That's all."

Leno doesn't like to take himself too seriously. "I'm the same guy on stage and off," he admits. "All that stuff about 'laughing on the inside, crying on the outside'—I don't get it."

His rising popularity has led to a major movie contract. *Collision Course*, an action-packed detective comedy co-starring Leno and Pat Morita, was scheduled to be released early this year.

The most convincing proof Leno has reached the top, however, came last September, when he was selected permanent Monday night guest host of "The Tonight Show." He also acts as guest host Monday through Friday during a number of Johnny Carson's vacation weeks.

Success seems to have affected Leno's sense of values little. His lifestyle is a refreshing contrast to that of the typical celebrity. He lives in a modest home in Hollywood Hills, and he has been happily married to a writer, Mavis Nicholson Leno, since 1980. "Mavis travels with me about half the time," he says. "The other times, we talk on the phone." In short, you won't see his picture on the front of some scandal-laced tabloid on the shelf of your local grocery store.

His conservative sense of values spills over into his work as well. Television viewers are familiar with Leno's appearances in commercials for a potato-chip company. This certainly gives him no problems. "But I won't do beer ads," he insists. "I don't think those beer companies should be trying to get young adults—which we all know means teenagers—to drink beer. I don't want some father to come to my show saying, 'My kid got killed because of your ad.' I draw the line at taking money for something I don't use."

Perhaps this reasoning is the real

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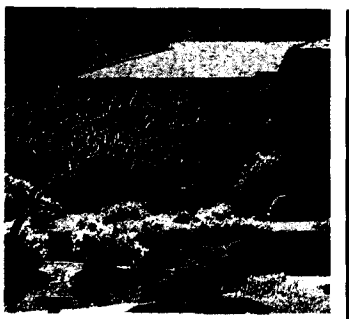

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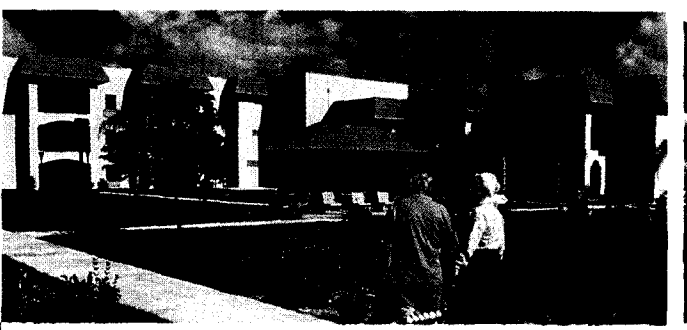

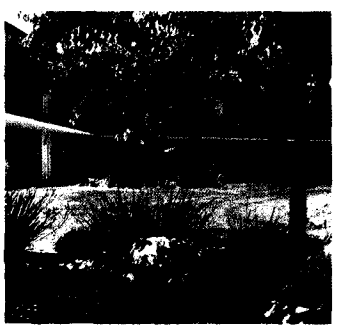

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VETS ON PETS

TAKING THE PRESSURE OFF YOUR PET

A dog or cat's "bad" behavior may be due to stress brought about unwittingly by its owner.

by H. Ellen Whiteley, D.V.M.

Illustrated by Norman Rockwell

How one perceives potential stresses in life is highly individual. I have learned much about stress-free living from observing C.K., my cat. C.K. always lives in the present; never worries about the future or feels guilty about the past; and seems oblivious to acceptance, rejection, and approval. Yet C.K. is not exempt from stress. He hisses and growls when cats or dogs invade his territory, hyperventilates during car rides, and hides when he sees the cat carrier or anything that looks like pet shampoo. On the other hand, Alfie, a neighbor's cat, loves to press his nose against the car window during auto trips, and he would rather play in a tub full of water than eat. Alfie, an only cat, was raised as a bottle-fed orphan by an owner who took many car trips and believed in good grooming.

Pets identify with their owners. If you are tense, your pet becomes tense also. I have a friend whose work is especially stressful. When she drives up, her Labrador retriever usually greets her with a Frisbee in his mouth for their regular romp in the park; however, on occasion, the dog remains quietly in the backyard. My friend is convinced the dog somehow senses when she has had a bad day at work before she actually gets out of the car.

Dr. Dare Miller, a canine-behavior expert, believes that the main cause of canine problem behavior is frustration and tension. "Mounting tension on a daily basis can develop into a deep, brooding frustration that festers within the dog until it changes his personality," he says. "The owner is usually oblivious to the things that cause the dog's daily frustrations." Dr. Miller emphasizes training dogs to be owner oriented. In response to obedience commands, dogs find they have something worthwhile to do for their masters, from whom they receive praise. I personally feel that boredom contributes to much stress in the lives of pets. Active dogs need attention and some type of work or play to occupy their time.

Thomas Fisher, the president of Animal and Human Stress and Research Associates of Horseheads, New York, conducted research on dog stress in 1981, revealing that dogs can decide their reactions to the stress in their lives. Fisher used the Dektor Counterintelligence and Security Psychological Stress Evaluator (PSE) to measure stress levels. This instrument measures stress-induced microconstrictions of the voice box (while barking, whining, etc., for dogs) and the resultant fluctuations in the inaudible (to humans) FM radio band. The PSE instrument plots the FM sounds on printouts, which reveal the degree of stress experienced by animal or person. Fisher's research using the PSE reveals that dogs can induce dissociation reactions to escape from stressful situations. These reactions are similar to your mentally projecting yourself out of the dentist's chair to a Florida beach.

Fisher also cites evidence that dogs can select aggression or nonaggression as a reaction to stress.

To reinforce good behavior, you must provide the initial clue that grooming or veterinary procedures are No Big Deal. I suggest that owners initiate a walk or a game of fetch as an alternative for pets preoccupied with the stress of a bandage or a skin irritation, such as dogs suffering from flea-allergy dermatitis. Any activity that will break the itch-scratch cycle is medically beneficial.

Reaction to sound can also reveal the stress level in your pet's life. One study of the effects of social environment on canine behavior found that fear of noise was most common in dogs from households with three or more adults or children. (Such households tend to be noisier than households with few people.) Published studies reveal that dogs and cats relax when soothing music is played softly but appear agitated when exposed to hard-rock music. Your teenager's stereo may be raising tension and blood pressure in your new budgie as well as in your neighbors.

Solitary confinement for such highly social birds

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POST SCRIPTS

Bringing Down the Curtain

Once a year a fraternity house did its spring cleaning, which involved sending all the window curtains to the laundry. The sorority across the way, now privy to the fraternity brothers' nighttime revelations, sent this note: "Gentlemen, please restore your upstairs curtains at once. We are not interested in a course in anatomy."

The brothers wasted no time with their answer: "Dear girls, the course is not compulsory."

—Kris Lee

Paying Their Respects

A large, mostly male, crowd gathered for the funeral of a farmer's mother-in-law, who had been kicked by the farmer's mule. The abundance of men was a source of comment by the other mourners, so the minister decided to ask why.

"Oh," the farmer said, "they all want to buy that mule."

—James Curnane

Classified Information

Statistics are like a bikini: what they reveal is interesting, but what they conceal is vital.

—Jeanie Blass

Out in the Open

The walls of dignity
Come tumbling down
The moment you put on
A hospital gown.

—S. H. Dewhurst

Tied Up in Knots

"What I have decided," one young woman said, "is that if you give a man enough rope, he will hang himself."

"Oh, I don't know," the other replied. "In my case, I gave my husband enough rope and he skipped."

—Rose Sands

Leg Work

A pedestrian, busily ogling an attractive woman and not looking where he was going, walked into the side of a moving car. Unhurt, he was helped up by a nearby police officer.

"That was close," the cop commented. "Your eyes were almost on their last legs."

—Mrs. A. Mayer

Wanna Make Something of It?

Nothing makes your sense of humor disappear faster than having somebody ask where it is.

—Ivern Ball

This Case Is Clothes

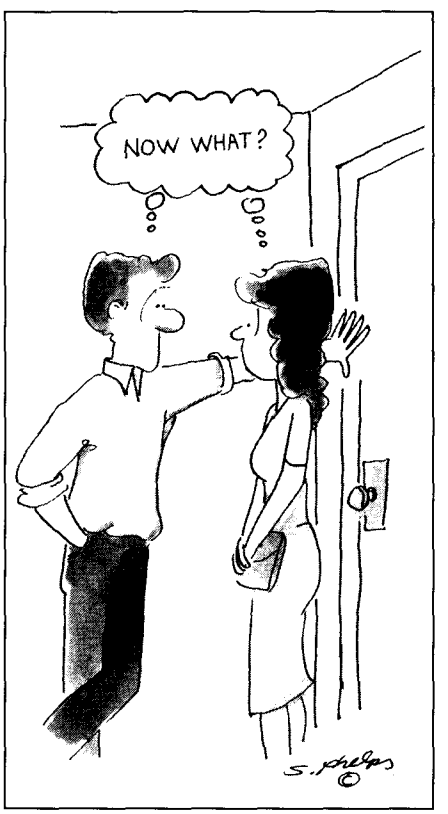
After a Methodist church member missed three services in a row, the minister decided to pay him a visit.

"Parson," the man said, "my clothes are shabby, and I'm ashamed to go to service."

So the minister bought a completely new outfit for him, only to find him missing in church yet the next Sunday. Peeved, the minister called on him to ask why and found him sitting on his front porch all dressed up.

"Well, I'll tell you, parson," the man replied. "When I put on these new clothes I looked so prosperous I went to the Episcopal church instead."

—Mrs. C. B. Williams



Yeah, Sure

(15 answers home buyers should learn to recognize)

"You needn't worry; the city takes care of the trees."

"The iron railing only looks rusty; it's that primer coming through."

"You share your fence and that beautiful, overhanging tree with your neighbor—he's nice."

"Definitely not—taxes never go up way out this far."

"Oh, the sidewalk slants that way for drainage."

"Your pets can roam anywhere, and the neighbors next door love them."

"Nobody cares if your RV's out in front all the time."

"They'll turn that street light out so it won't shine in your bedroom window."

"The trash people are real quiet and pick up right off your back porch."

"Cable's right down the block there already."

"Those brown lawn spots will fade away. No problem."

"You could just put up a stronger post, and then the mailbox won't get knocked over by those kids all the time."

"That's just septic overflow—sewers will be in by June."

"They resurface any potholes like that every fall."

"Zoning setback's no problem; you can bring the garage addition right out to the sidewalk."

—Ralph Shaffer

Horse Feathers

A woman thought her husband was spending too much time with the

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horse he'd just bought, so she went out and bought a bumper sticker that read, "Treat her like a thoroughbred so she won't become a nag," and stuck it on the back of his pickup. After taking much teasing from his fellow workers, the man came home on time that evening, kissed his wife, and handed her a neatly wrapped small box. Eagerly she opened it—and found two sugar cubes inside.

—Robert Brooks

High-Risk Investment

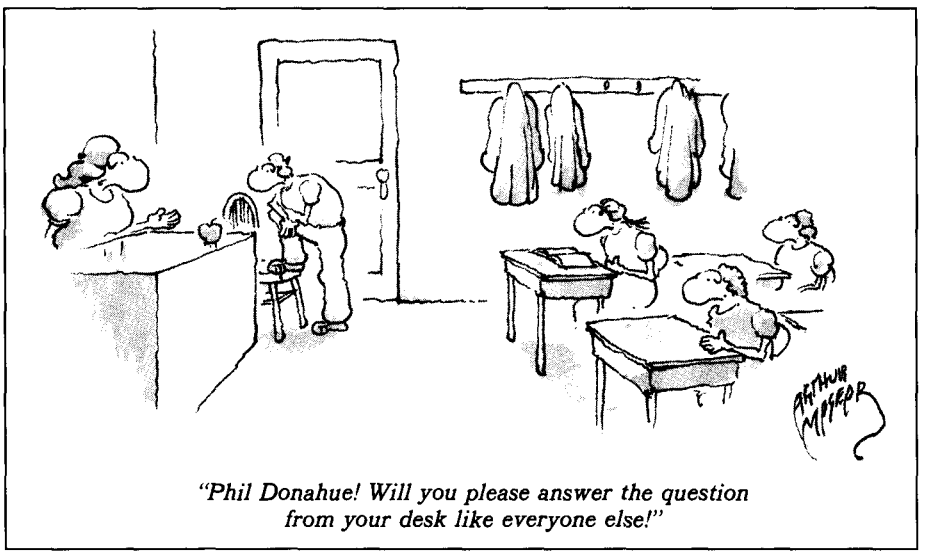
You say your name
Is Uncle Sam?
What kind of fool
Do you think I am?
You reside between
The Atlantic and the Pacific?
Couldn't you be
Just a little more specific?
How much do you earn?
Nothing, you say?
And have nothing saved
For a rainy day?
Well, I'm sorry.
I know it's hard.
But you don't qualify
For our credit card.

—Henry F. Hill

Computer Art

Squiggles, dots, and dashes
On a flickering screen;
And electronic flashes
Are all that's to be seen.
And as the keyboard twitches,
Programmers by the score
Dream of untold riches
Without learning how to draw.

—Bernard Blicksilver



"Phil Donahue! Will you please answer the question from your desk like everyone else!"

A Corny Story

At a local vegetable market was this sign: "Corn 30¢ an ear." Underneath, someone had written, "Are these right ears or left ears?" Below this, the proprietor had added, "Right ears only. This corn is so good, none is ever left."

—Thomas LaMance

"Keep an eye on him. He gets along too well on the small salary we pay him."

Laying on the Charms

A young executive greeted one of the company's secretaries in a crowded elevator and commented admiringly about a bracelet of exotic charms she was wearing.

"It is nice, isn't it?" she replied. "I've been collecting these for some time."

Just then the elevator stopped at the secretary's floor. As she stepped out, she said something that left the young man very embarrassed and their fellow passengers very interested: "Let me know when you have some time, and I'll be glad to show you all my charms."

—Marjorie Brooks

Savings Bonds

To prove it's all in how you do it, just think of the young man intending to marry his true love.

"Sir," he told the girl's father, "I'd like to show you how I can save you some money."

—Robert Brooks

The Forgotten Sex

Men don't have it so easy, despite what women claim. When a man is born, people ask, "How's the mother?" When he gets married, it's "What a beautiful bride!" Finally, when he dies, they wonder, "How much did he leave her?"

—Rose Sands

Capital Punishment

When a judge was asked what the penalty was for bigamy, he smiled and said, "Two mothers-in-law."

—James Curnane

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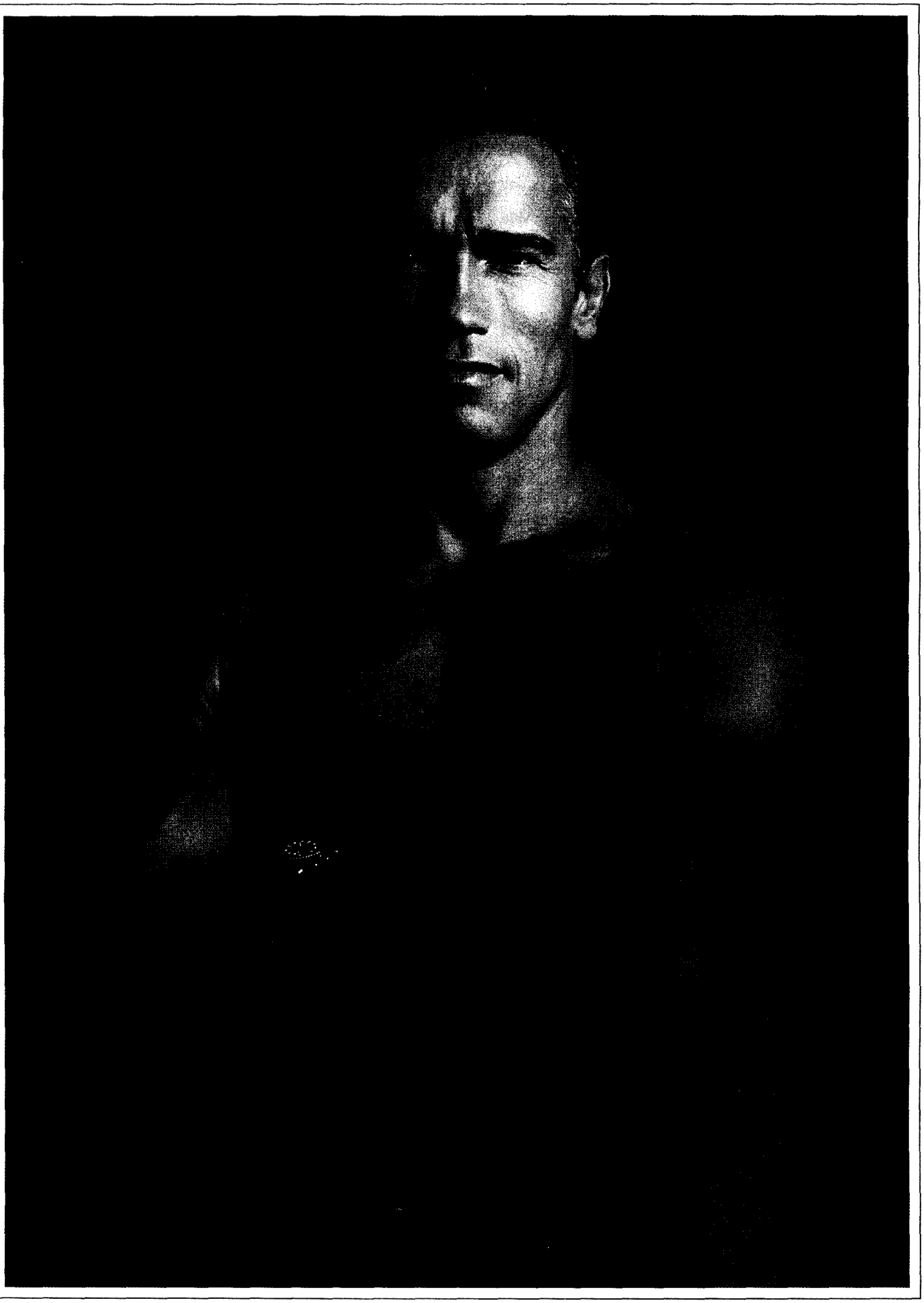

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ARNOLD SCHWARZENEGGER: MORE THAN MUSCLES

Don't be fooled by his macho movie exploits of mayhem and mutilation. Beneath the biceps, a co-star says, "he's the warmest sunflower of a man."

by Todd Klein

It's always the same. The big guys are understood the least. Take Arnold Schwarzenegger. If all you know about this larger-than-life Hollywood movie star is his talent for impalement, decapitation, machine-gunning, and other forms of mutilation, then you don't really know Arnold. Rae Dawn Chong, one of Arnold's past co-stars, does, and she says, "He's the warmest sunflower of a man."

True. But most people don't suspect it because of a prejudice toward one thing. His muscles. Which are not any old muscles. They're muscles that make superheroes look downright wimpy. Muscles that won the title of Mr. Olympia, bodybuilding's loftiest honor, an unprecedented seven times. They're the perfect muscles. You can't talk about Arnold without mentioning them. Candice Bergen photographed them. Jamie Wyeth painted them. Women gasp at them. Boys worship them.

When Kathryn Harrold, the co-star of Arnold's film *Raw Deal,* first saw them unclothed, she exclaimed, "Oh, my Gawd!"

Everyone does. But there's more to this 40-year-old than fabulous musculature. For starters, there's his other muscle. The one he exercises at the box office. Which is just as impressive as the body and equally misunderstood. Arnold has pulverized and pummeled his way through such adventure epics as *The Terminator* and *Commando*; grossed out legions of movie critics with an ocean's worth of bloodletting; and overcome a thick Austrian accent to become one of the most successful, bankable actors of the decade. Two films, *Conan the Barbarian* and *Predator,* each grossed about $20 million in the United States and Canada. And his latest effort, *The Running Man,* proved one of this winter's biggest moneymakers.

Before marrying Maria Shriver, a TV anchorwoman, Schwarzenegger was "like a gypsy." Now, he says, "there's always a reason to go home."

Arnold's on-screen heroics aren't sending Dustin Hoffman running to the gym to pump iron. But he's not embarrassing himself either. His formula for moviemaking is simple. Make the good guys win, no matter what the cost to the bad guys. This loses critics, but fans love it. "When you make an Arnold movie," says the writer-director Walter Hill—at work on *Red Heat,* in which Arnold plays a merciless Russian cop—"you're not exactly thinking about the refined sensibilities of the *New York Times.* Know what I mean?"

Yeah, you must be thinking about Arnold. Which means you're thinking about a man whose stock in trade is his body. His chest measures 57 inches; his thighs bulge to 28 inches; and his biceps explode when fully flexed to a Popeye-like 22 inches.

In fact, there's nothing small about Arnold. His boyish, gap-toothed smile is so big it could have its own zip code. And his bankbook? With a reported price of $3.5 million per picture, and sizable chunks of real estate in Los Angeles and Denver, there's no doubt his bankbook is just as big as everything else.

Where did Arnold learn to think this way? The Austrian movie theaters. There the young Arnold used to sit spellbound in the dark, watching documentaries on U.S. life. The films infused his dreams with a potent dose of old-fashioned Yankee aspiration. "I saw all the positive things," he says. "I loved the huge cars, the '57 Cadillacs with their wide wings, the freeways, the whole idea of America. It was bigger than life!"

Even his personal life is grand. The biggest day of Arnold's life, April 26, 1986, was the day he wed TV's Maria Shriver. The two met at the Robert F. Kennedy Pro Celebrity Tennis Tournament in 1977; they struck up a bicoastal relationship that somehow flourished despite personal differences that seem like the plot of a TV sitcom. He is a staunchly Republican Hollywood star, who became a naturalized U.S. citizen in 1983, waving a tiny American flag during the ceremony. She is an East Coast-bred Kennedy, a die-hard Democrat, whose uncle was the 35th president of the

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United States of America.

Nevertheless, the two profess a union more solid than one of his world-class biceps. Arnold says that Maria can make him laugh and that she tempers his impatience with imperfection. Maria likes his "sense of humor" and "intelligence." She also boasts of a husband who's a champion dishwasher. "Little do her girlfriends know that if I don't do them, they'll be sitting there unwashed for a month," Arnold says.

An honest-to-goodness chip off the American dream, Arnold began his unlikely life several cultures away. One of two children, he was reared in a rural town in Austria, the son of a policeman. His childhood home had none of the luxuries he now considers basic—no telephone, no flush toilet, and no refrigerator until he was 14. "When [the refrigerator] came, I remember, we were all standing around the kitchen looking at it," Arnold says. "Then my mother opened it up, and we all stuck our hands in there, and it was cold, and we were freaking out like this was the strangest thing you could imagine."

His father, a strict, traditional man, expected Arnold to follow his footsteps in the police force. "Every kid was supposed to do what the others had done before him," says Arnold, who loved playing dress-up in his father's uniform. "I was a little kid standing on a chair, and the jacket was hanging down, like a raincoat, all the way to my toes. I had his hat on, which covered me all the way to my nose. I loved his uniform. But I didn't want to be a cop."

A good athlete who played all sports, Arnold was 15 when he began working with weights. "I remember the tremendous satisfaction that lifting weights had been my idea," he says. "It was my decision, and it was the first time I started having some control over my life." Three years later Arnold won his first major bodybuilding championship. By the time he emigrated to the United States in 1968, his résumé included both a Mr. Europe and a Mr. Universe title. He was only 21.

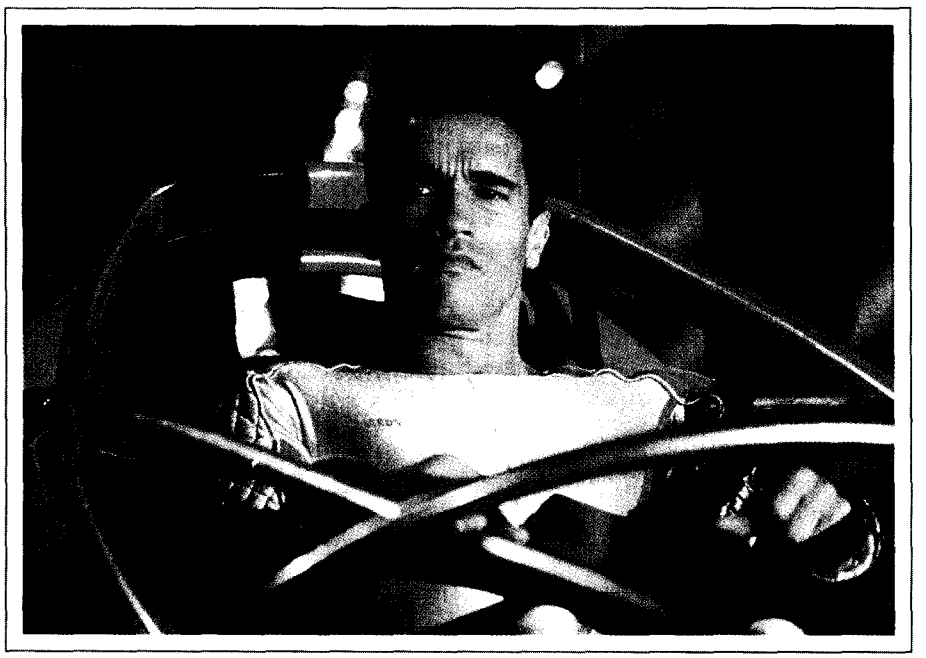
Arnold planned to open a gym and market vitamins in the back of bodybuilding magazines. But several Mr. Olympia titles later, he starred as himself in the 1977 documentary *Pumping Iron,* and he was forever sidetracked. The next goal was movie stardom. "I realized that I was really an entertainer, that I needed to develop another area where I could perform," Arnold says. "So I just went after it—acting."

After a five-year hiatus from bodybuilding competition, Arnold won his seventh Mr. Olympia in 1980, but by then his film career was becoming as successful as the career he was abdicating. Such early films as *Stay Hungry* and *The Jayne Mansfield Story* were mild workouts, enabling Arnold to learn his craft in relative obscurity. Dino de Laurentiis then cast him in *Conan the Barbarian*, a big-budget success, and the muscleman gave detractors the old heave-ho with newfound box-office credibility. "*Conan*," Arnold says, "was God's gift to my career."

Having his name in Hollywood's Walk of Stars is a long way from Schwarzenegger's early dream of opening a gym.

The rest is movie history, albeit a bloody history. It includes *Conan the Destroyer, The Terminator* (in which Arnold reaches into the chest of a newly slaughtered enemy and pulls out the unfortunate fellow's insides), *Commando, Raw Deal,* and *The Running Man.* The audience expects gore and violence from Arnold. "I can get away with the things that most people can't," he says. Why is that? Says James Cameron, *The Terminator*'s director, "I think there's some little chittering demon down in the back of everyone's mind that would like to be him for about ten minutes and [be able to] go in and talk to the boss without using the doorknob."

A hard worker, attentive to every detail on the set, Arnold long ago realized that to ensure his future he'd have to toss aside the musclebound stereotypes and evolve as an actor. "You have to give your fans what they expect," he says. "But then you



In his latest film, *The Running Man,* Schwarzenegger pits his brawn against futuristic bounty hunters armed with napalm, chainsaws, and bolts of electricity.

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slowly add on. You give them a little bit of something else, something new. You put a little more clothes on in each movie and show another side of you—more humor, or more sensitivity. Eventually, I'll do a movie that's entirely comedy."

No matter how outrageous the idea, it's better to believe Arnold, who has made a practice of laughing all the way to the bank. He has a lush home in Pacific Palisades, a few minutes' drive from Gold's Gym, where he tries to work out for at least an hour each day. He rides a Harley-Davidson motorcycle. He likes Willie Nelson. He owns the '57 Caddy he dreamed of as a boy. And he truly is as nice and fun as friends and coworkers say he is. "People say I'm always happy," Arnold says. "The life I've had, I'd be sick in my mind if I wasn't."

The clincher to this wonderful life occurred back where it all began. In a rowboat on the lake in the small Austrian village where Arnold grew up, he proposed marriage to Maria. "Are you serious?" she asked. But when Arnold took out a ring, she had no doubt he was, and she said the only thing a lovestruck young lady could say to a romantic Austrian demigod—yes. "Before Maria, I was like a gypsy, wandering all over the world," Arnold says. "With Maria, there's always a reason to go home. It's really a wonderful feeling."

The wedding was a formal affair, all top hats, tails, and long dresses, held at the St. Francis Xavier Roman Catholic Church in Hyannis, Massachusetts. Maria—the only daughter of the first Peace Corps director, Robert Sargent Shriver, Jr., and Eunice Kennedy Shriver—carried a bouquet of posies flown in from Paris. One bridesmaid was Caroline Kennedy. Jackie O. came escorted by her son, John, Jr. And Oprah Winfrey, an old pal of Maria's, read Elizabeth Barrett Browning's "How Do I Love Thee?"

Afterward, Arnold supplied the answer. "I love her and I will always take care of her," he said to the wedding guests. "Nobody should worry." No one did, especially the bride. "Twenty years from now," Maria said, "I see us happy. I see us surrounded by a bunch of kids. I see us laughing."

It's a likely story, all due to Arnold, a most unlikely sort of man.

When the success of *Conan the Barbarian* called for an encore, the seven-time Mr. Olympia answered the demand by starring in *Conan the Destroyer*.

Trappings of Schwarzenegger's success include owning the '57 Cadillac that he had envisioned as a boy, and a Harley-Davidson that helps him keep his business appointments.

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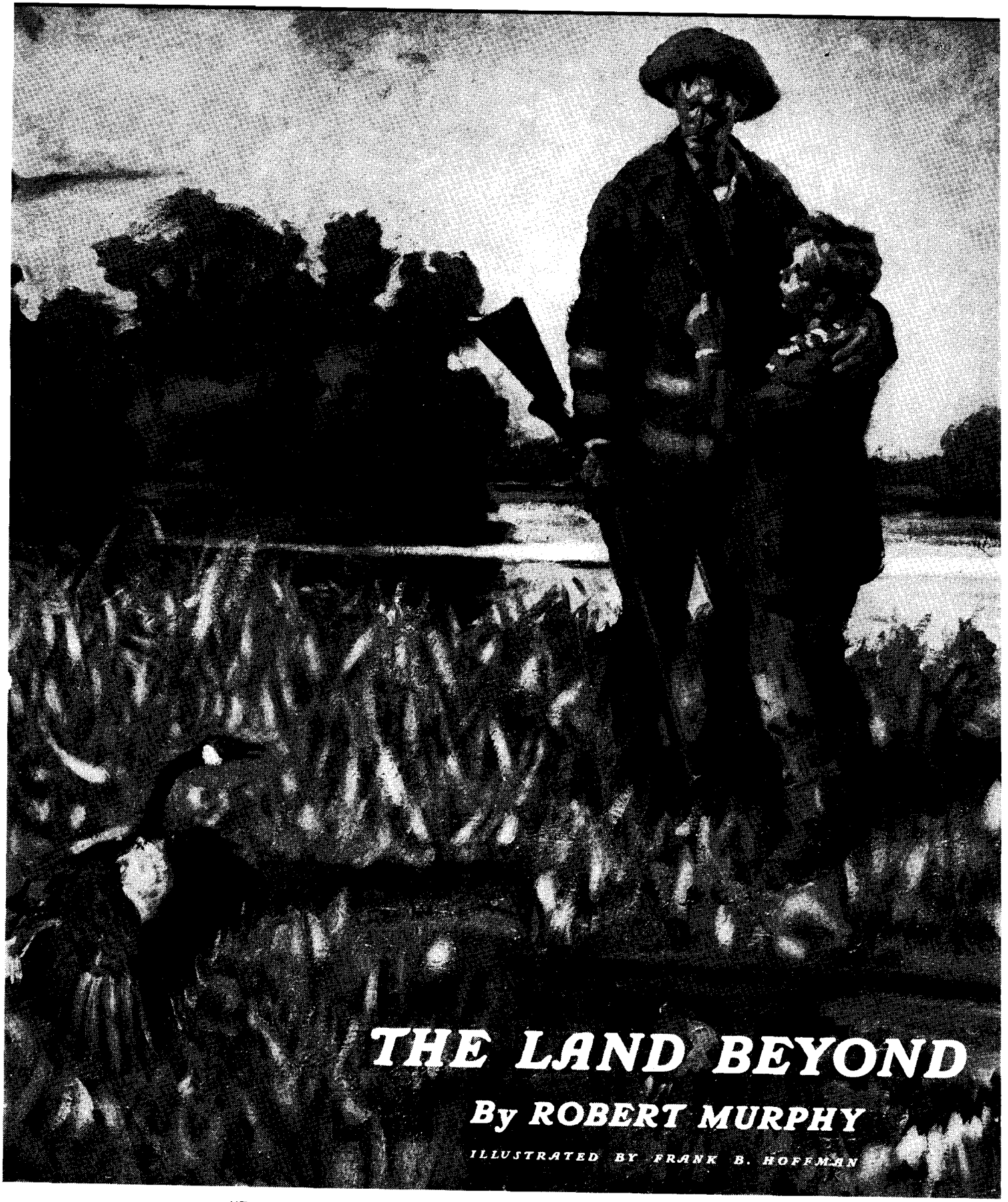

THE LAND BEYOND

By ROBERT MURPHY

ILLUSTRATED BY FRANK B. HOFFMAN

"Dad!" he sobbed. "Don't shoot him! I want him, dad! I want him for mine!"

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All around the old gander, the black, still water was powdered with the reflections of autumn stars, and beyond the pointed spruces on shore the northern lights made a pale band of light as they marched across the sky. It was cold on the water, colder than it had been since early spring, and wisps of mist trailed about like ghosts. The gander drifted off a little from the sleeping forms of his mate and the five young geese, which had grown during the summer from soft little balls of olive yellow down into the lusty flight feathers of maturity, and made a low, querulous noise to himself.

He was very restless. The migratory instinct, urging him to leave the placid security of Lake Soskimika for the 1,500-mile journey to the Gulf of Mexico, was at full tide within him, and in his wise brain stirred the dark, unthinking awareness of coming dangers. This awareness always brought a last uncertainty, a protesting hesitation, for his 17 journeys had shown the gander death in the shapes of men and beasts and weather; he had seen many of his companions die. He stretched his great wings silently and drifted back to the others again, taking comfort in their nearness.

As he came near her, the goose awoke and stretched her long neck toward him; for a moment they rubbed their heads together and gabbled softly. There was a great affection between them, for, after the habit of their kind, they had mated for life in their third year. They had never been separated since, and had shared all danger and endeavor. Presently the goose returned to sleep and the gander settled down again to watch quietly through the rest of the night. The northern lights faded and the stars died; the pale streaks of dawn crept in behind the spruces, and with its coming the last remnants of hesitation left the gander. His stout spirit accepted the dangers and his confidence returned—confidence in his own shrewdness and his memory, upon which were engraved in incredible detail the landmarks of the places of peril or safety on the way. He awoke the others with low talk, and in the strengthening light they took the air.

The five young geese had never before seen the wedge, the immemorial migrating formation of their race. They had been flying since the middle of August, casually bunched, to the feeding grounds, but when the old gander forged to the front with a clanging honk, a new note, they fell into formation as though they had known it all their lives. A new and stirring excitement suddenly possessed them all.

The great wings of the old gander fell into their slow, strong rhythm; a feeling of release, of fulfillment, surged through him. His honk took on a note of joyousness as he felt the shifting pressures of the air and saw the land below emerging from darkness. That day he led them only a few miles, but every day thereafter he increased the distance. The face of the earth changed beneath them; the wild land with its hills bright with autumn and its lakes empty of man and his treacheries fell behind. Clearings increased, and villages grew larger; the gander grew more wary and sought higher altitudes, but held his course. It was on the 20th day after starting that he sighted the broad St. Lawrence below Baie St. Paul and the great raft of his kind gathered for the journey.

Dan leaned forward, encouraged by his father's eyes. "Maybe more'll come," he said. "If they did, if they came and sat on Turtle Pond, you reckon we could go watch 'em?"

The raft, roused by its sentinels, raised a vociferous welcome. The old gander and his family, calling and honking, set their wings and slid down the long incline of air. For several days they all loafed about, gabbling and feeding and preening; and free of the young at last, the old gander and the goose enjoyed together their few sunny days of freedom before the flight. They paddled about and conversed in low tones, caressed each other with their long necks, and were content.

Then the wind shifted to the north, ending the sunny days and rimming the shores with ice. The Indian summer of the flock was over. Restlessness seized them all. They gathered closer together, and their calling echoed on the river. Cold rain lashed at them, bringing the mysterious signal, and with great clamor they took to the air. The old gander forged to the front, among the other veteran ganders of the flock, clanging his migration honk. The other leaders fell in behind him, ready to take their turns when he wearied of breaking the way through the flawed and shifty air. Bird by bird they found their places and the long v moved off, spreading like smoke upon the rainy sky, toward peril and separation and death.

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Curled up tightly and warm, half asleep, Dan Tolliver waked to full consciousness at once when the distance-mellowed sound descended to him through the night. He sat up in bed and stared blindly at the bar of moonlight lying across the footboard, concentrating all his powers on listening. The sounds came clear and confused, mysterious and unmistakable: "Honka! Honka! Honk!" They grew strong and faded again, diminished. He got quickly out of bed and crossed the floor. The cold air bit into him, but he didn't notice it; his small, sturdy body in its patched flannel nightgown broke the shaft of moonlight as he looked out the window. In all the vast, luminous expanse of sky the geese were not to be seen, but suddenly a drift of their crying came to him again, and he shivered to hear it.

It held the lonely little boy; it had always held him, as no other sound could do. His imagination, starved for romance because there was so little about the poor, lonely, and rundown farm for it to feed upon, had caught at those great birds that were the custodians of the seasons and beat their way to lands that were mysterious and strange. They took the places in his mind of splendid armored knights and picturesque gunfighters and Indians, of whom he knew little because he seldom got to school. The mellow honking aroused a restlessness in him that he couldn't understand and awoke confused pictures in

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his brain. He knew the north was cold and the south was warm, and tried to imagine, in terms of his fragmentary knowledge, the places the geese knew. He speculated endlessly and his mind conjured up fantastic pictures, but the kernel of them and the cause of their being were the geese.

As he searched the bright sky, the clear, diminishing calling came to him again once more and then was swallowed by the night. He stood for a while longer, yearning after them; then the cold drove him back to bed. For a long time he was too restless and excited to sleep. Slowly, however, the chill left his body, and his imaginings blended with the shaft of moonlight; they grew formless and vague and faded, and the next thing he knew, his father's voice was calling him to breakfast.

He dressed quickly in the frigid room, ran downstairs, washed his face in the bitterly cold water from the pump, and sat down at the lamplit table. His mother moved about near the stove, frying the eggs. She was a stout woman, whose face in repose had a gentle and wistful softness, but she had little repose, and her temper sometimes frayed in the long struggle against hardship and anxiety and privation. His father, a man lean and hard-muscled as granite, slow of movement, with his hair going gray, raised his pale blue eyes and gave Dan his slow smile. Hardship had put deep lines about his mouth, but it couldn't take away the essential kindliness of his spirit.

"You don't look like you slept much, Danny," he said.

"I woke up," Dan said, and he looked at his father. "I woke up when I heard the geese."

His father smiled again, the slow, understanding smile. "I heard 'em too," he said. "They was talkin' right lively."

Dan leaned forward, encouraged by his father's eyes. "Maybe more'll come," he said. "If they did, if they came and sat on Turtle Pond, you reckon we could go watch 'em?"

"Mebbe," his father said. "Mebbe we could, boy. We might could even git one. It'd be prime eatin'."

Dan hadn't thought of that. He was quiet for a moment, not wanting his father to kill one of the great birds. A feeling akin to terror arose within him but subsided again before his confidence in the cleverness of the geese and the opportunity to be near them and sit in the reeds and watch. His eyes sparkled with excitement.

"You reckon we could go this afternoon?" he asked. "Dad, I'd like right well to go this afternoon, before they're gone."

His mother came from the stove with his eggs. "Dan," she said, setting the plate down. "Dan, you eat your breakfast. You and Tolliver got to get the corn in. There ain't no time to go lookin' at geese. After that, come a chance——"

"Mom!" Dan protested. "Mom, maybe they won't stay!"

"I figgered maybe we could get one," his father said mildly.

The gander thrust his head straight before him into a small patch of sedge. He thought he was concealed. The gun banged. He didn't know that his mate had followed him, circling and crying.

"Mom——" Dan started to protest again, but he caught his father's wink and didn't say any more.

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Carefully, inch by inch, they worked their way through the second-growth oaks that grew in a belt to within a hundred yards of Turtle Pond. The brown leaves rattled about them, and when a twig snapped, Dan turned agonized eyes on his father. When Tolliver's old double-barreled hammer gun, rusted and held together with brass wire, caught a branch and broke it with a crack, the boy was ready for tears.

"Oh, dad!" he said. "They'll go! They'll go away!"

Tolliver looked a little shamefaced. "Mebbe not," he said. "Mebbe they'll reckon it's a varmint. They better not go," he went on, grinning, "until we see 'em, after the trick we played on your ma and all. I'll watch out, Danny."

They finally came to the edge of the oaks. The wide expanse of dry broom grass glowed purple-brown in the afternoon sun and the water glinted beyond. Dan caught his father's arm.

"There!" he said. "There, dad!" His pointing finger shook. "It's them sittin' there. Oh, dad!"

"Blest if they ain't," Tolliver said. "Don't go jumpin' around, now. We got to crawl down to the point. They might come to it 'fore night."

Trembling in his eagerness, Dan dropped to the ground and wiggled after his father. They came to the edge of the cover, and he crept up beside his father and carefully parted the grass. The sandy point was before him, running out into the lake; and beyond it, near the other shore, the three geese floated quietly, beautiful, mysterious, and serene. Dan stared at them, his breath coming quickly; and then, immediately behind them on the shore, a man stood up out of the reeds.

The geese didn't move. A thrill of horror went over Dan, for he saw that the man was holding a gun. But the man didn't point it; he merely stood there holding it, looking into the sky.

"They's decoys," Tolliver said, in a tone of surprise. "Blamed if I know how they got here. Ain't nobody ever shot this pond afore."

The words were scarcely out of his mouth before the clear and distant honking came to them out of the sky. The man disappeared with magical suddenness, and the three decoy geese swung to the north, stretched their necks, and burst into excited honks.

Dan watched the wild enthusiasm of the betrayers with anguish in his eyes. The reply of the flock came out of the sky, and after a moment Dan saw them, their wings set, planing down.

"Oh, dad!" he said. "Oh, dad! They'll get killed!"

Tolliver was struggling to get the old gun into position for a chance shot. "Mebbe not," he mumbled. "Geese is smart. Mebbe they'll take a look and go on. Keep still now."

Still honking, the wedge leveled off and swung away, but from farther up the slough another small bunch of geese, unseen until then, took to the air. Flying noisily to the decoys, the

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newcomers settled among them.

"By gum!" Tolliver said. "They got a flyin' pen! They got the young ones of them decoys back in the swamp in a box and let 'em out to fly back. Ain't no goose smart enough for that."

Unbelieving, Dan sat with his eyes fixed on the geese, trying by desperate force of will to warn them away, but Tolliver had foretold what would occur. The old gander at the head of the wedge had been warned by the stirring of a mysterious sixth sense and swung off. He had ceased calling and began to gain altitude, but the arrival of the penned decoys calmed his fears. He was tired and wanted to rest; he called again, and, swinging back, set his wings. The wedge swung behind him, and, outlined against the sky, they dropped toward the blind.

The old gander was backing his wings to land when the two men leaped up. He gave one frantic warning cry and lunged upward; at the thunder of the guns, a terrible stabbing pain went through him. He lurched and caught himself; the world darkened on his sight, but his splendid vitality took him up through the roaring confusion and the stricken bodies of his mates, up toward the freedom and safety of the sky. Fifty feet above the terror, agony burned his strength out; he set his wings and started the long glide toward the point where Dan and Tolliver lay. Dimly he saw Tolliver rise, but he couldn't change his course. He struck the earth with a crash; instinct told him to lie flat, thrusting his head straight before him into a small patch of sedge. He thought he was concealed, although his body lay in plain view. The gun banged. He didn't know that the goose had followed him, circling and crying, and that Tolliver had missed her and driven her off to join the shattered flock.

After missing the goose, Tolliver turned to shoot at the gander's motionless body, but Dan, who had been shocked out of his usual deference to his father, swung on the blue-clad arm. He was crying; tears streamed down his scratched face.

"Dad!" he sobbed. "Don't shoot him!" His loneliness and his protest over what he had just seen burst from him in a long wail: "Dad! I want him, dad! I want him for mine!"

Tolliver lowered the gun and looked at the boy. The bitter necessity of their life, their need of the gander for meat, nearly drove him to an automatic "No, Danny." But a hint of what the boy was feeling, a realization of the barrenness of Dan's life and a sudden shame at his own inadequate providing, checked him. "Your ma won't stand for it," he said, wavering.

Dan stopped crying. "Dad," he begged, "you can tell her. You can say how much I want it, dad. I'll find things for it to eat; it won't be no bother. Please, dad. Please."

"I reckon we might manage," Tolliver said finally and was rewarded by the boy's smile. He took off his coat. "Look here, now," he went on. "We'll go up on him easy, and you take a holt on his head. I'll git my coat around him to keep his wings from floppin'. He'll break your arm with them wings if he gits 'em loose."

Dan's eyes sparkled: following every move of his father's with exaggerated caution, he crept toward the motionless gander.

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The old gander gave one frantic warning cry and lunged upward.

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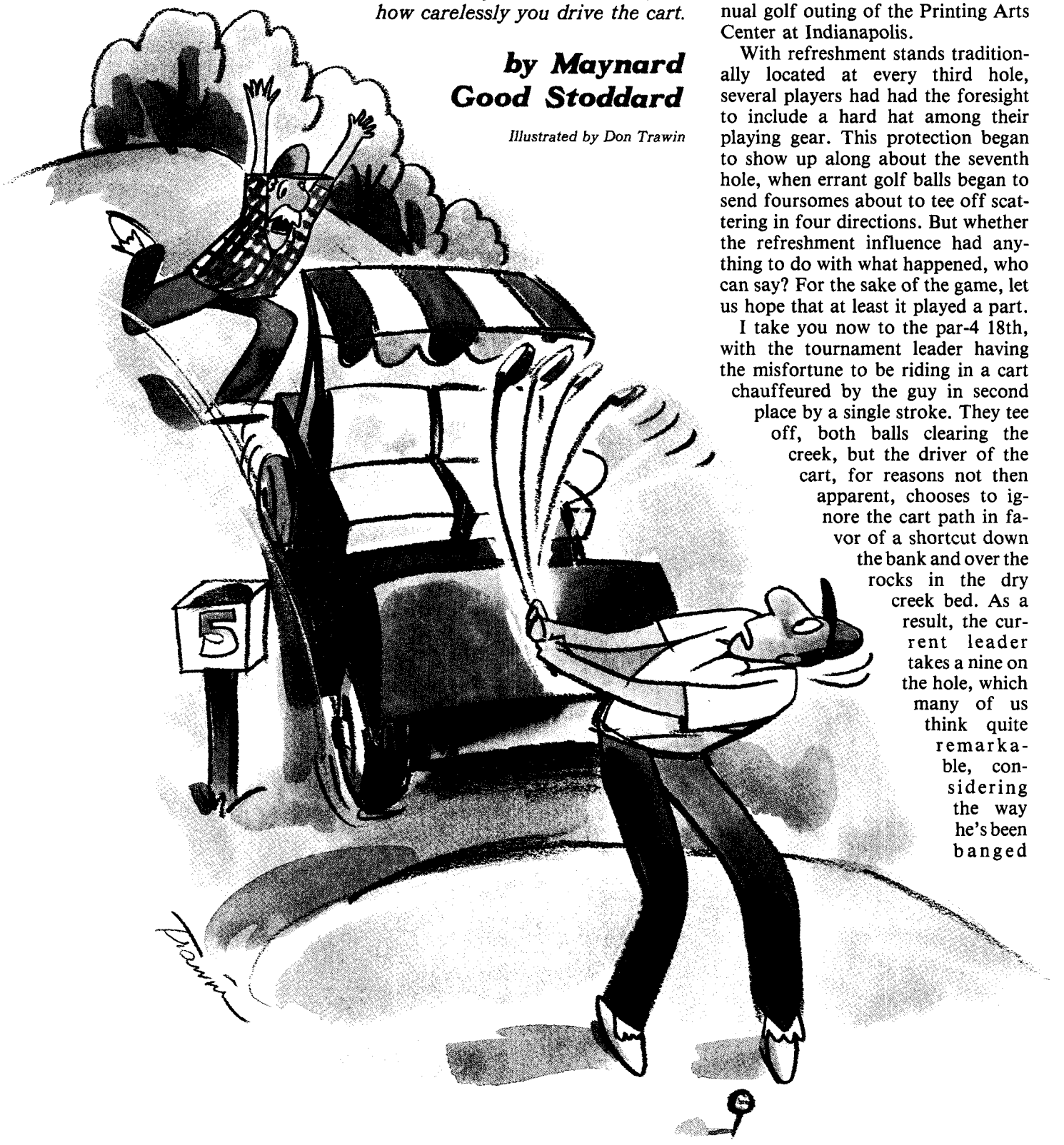
GOLFING TRIUMPHS À LA CART

It isn't how far you drive the ball, it's how carelessly you drive the cart.

by Maynard Good Stoddard

Illustrated by Don Trawin



I was never a gung-ho golfer. At least not as gung-ho as the fellow who asked, "Do you mind if I play through?—I just heard that my wife has been in a serious accident." But that was before I witnessed a new approach to the game at last year's annual golf outing of the Printing Arts Center at Indianapolis.

With refreshment stands traditionally located at every third hole, several players had had the foresight to include a hard hat among their playing gear. This protection began to show up along about the seventh hole, when errant golf balls began to send foursomes about to tee off scattering in four directions. But whether the refreshment influence had anything to do with what happened, who can say? For the sake of the game, let us hope that at least it played a part.

I take you now to the par-4 18th, with the tournament leader having the misfortune to be riding in a cart chauffeured by the guy in second place by a single stroke. They tee off, both balls clearing the creek, but the driver of the cart, for reasons not then apparent, chooses to ignore the cart path in favor of a shortcut down the bank and over the rocks in the dry creek bed. As a result, the current leader takes a nine on the hole, which many of us think quite remarkable, considering the way he's been banged

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up. Others remark that he's lucky just to have stayed in the cart. That, of course, is debatable.

As an ethical man, naturally I was shocked at this debauchery of the wonderful sport of golf. How could a man sleep at night after winning a tournament by a stratagem so out-and-out crude? It would have to be refined.

The two golfing "buddies" I was out to get were Bill and Frank (not their real names*), mostly because they both have the same irritating habit. It's something about the way they stick out their hands when it comes to settling up after our weekly contests.

My first victim—but I'm getting ahead of myself: my first opponent—was eager-beaver Ed. Because my genes for operating things of a mechanical nature have been lost somehow in transfer, I have always left the driving of the cart to the enemy. Ed was more than a little surprised, therefore, to find me behind the wheel looking for a way to start the thing when he emerged from the pro shop.

What happened next, I must admit, was pure luck. To finish lacing his shoes, Ed unwisely leaned his golf bag against the rear of the cart. And I backed over it.

Another of Ed's faults—he's a loudmouth. It took him at least five minutes to exhaust his inventory of invectives and calm down to the point where we could assess the damage. This turned out to be nothing more than a crushed bag, a bent putter, a toed driver, and a couple of irons that had assumed rather odd angles. I offered to run over them again to straighten them out, but Ed said no thanks, he'd make the necessary corrections by adjusting his stance.

His adjustment of 30 degrees on the first tee proved perfect for sending his ball into the open door of the metal cart shed, which in turn sent the lone attendant scurrying out the opposite end. His second attempt did a little better, going across the road and maybe ten rows deep into the cornfield. Ed was still adjusting after the first two holes, which I took with no sweat.

* *Their names are Ed and Stan.*

If you have never played the Pine Hills course in Spencer, Indiana, I should explain that the third hole was designed with the mountain goat in mind. Just making the climb from the second hole is a triumph in itself. If your nose isn't bleeding by this time, you are invited to drive your ball on up for another hundred yards, make a hard right, then pray that you can at least see the green from your ball's landing site. Strong men have descended from number three sobbing unashamedly and offering to exchange their clubs for a croquet set.

With woods flanking both sides of a path up the cliff, which serves as a fairway, I was basking in the reverie that Ed's misaligned eight-iron would deposit his brand-new Golden Ram (certainly appropriate for that hole) deep into the pines on the left. Instead, by turning directly toward the ball washer, his drive not only traversed the "fairway" but also sliced around the turn at the top. And on number four, when his ball failed to disappear into Money Gulch, whence few balls ever return, it was back to the old drawing board.

Ed's club was on the descent when the cart took off. "Run for your life, Ed!" I shouted. To this day he hasn't thanked me for possibly saving his life.

At the next tee, by coincidence, I neglected to engage the brake before leaving the cart. And, as luck would have it, Ed's club was on the descent of his swing when I noticed the cart creeping forward.

"Run for your life, Ed!" I yelled, hurtling myself at the runaway vehicle. What might have happened had it not been for my presence of mind, I'm not sure. I *am* sure of what happened to Ed's ball. It hooked so far into the oak-studded valley that he left it for the squirrels without even bothering to look. Nor to this day has he thanked me for possibly saving his life. In fact, except for the few remarks required by etiquette, Ed didn't speak to me again until I backed the cart over his foot on our approach to number eight.

The way it happened, I had cut the marshy area along the creek a bit fine and the cart got stuck. Ed climbed out to push. I shifted into reverse, hoping to rock the cart until it broke free. Due to the confusion, however, I forgot to inform Ed. The ground, fortunately, was soft enough that I was able to pry his foot out with my sand wedge. He began hobbling around, of course, pretending to be injured. But it was only an excuse for not finishing the match. And I sure could have used more practice with the cart, because I was meeting Stan the very next day.

You may have played with the Stan type. Subscribes to all the golf magazines. Keeps a scrapbook of Trevino's tips. Buys every tool of the sport guaranteed to yield extra yardage. (If everything he owns lived up to its guarantee, Stan would be hitting the ball at least 600 yards. Into the wind.) He carries a measuring tape for determining who should putt first. If your ball is in the cup, he won't putt until it's removed. Ask him if he thinks your ball is contagious and he'll quote chapter and verse of the PGA rule book to prove he isn't making an ass of himself. And if you so much as sneeze or holler to someone on a neighboring hole while he is putting, he has the juvenile reaction of throwing his putter. You know the type.

"How come?" asked Stan, strapping his bag to the cart with irritating precision and walking around to the passenger side. "You've never driven before."

"Time I learned," I explained, looking for the ignition key.

Talk about luck. Stan was in the process of climbing aboard just as the cart leaped forward, causing him to ricochet off the front panel and land with his head on the steering wheel. And he had no sooner realigned himself and rubbed his sore spots than I slammed on the brakes at the first tee. The sound of his knees striking the floorboards, I was later told, carried clear back to the pro shop. And Stan had come out of his shoes.

Giving credit where credit is due, after the third hole Stan, in spite of

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NAVRATILOVA

She is said to be the best female tennis player who ever lived. And there are figures that make the claim indisputable.

by Ken Rappoport

She is said to be the best female tennis player ever. And the stats make that claim indisputable.

The richest player in tennis history, man or woman, Martina Navratilova has earned nearly $13 million over the years. She has personally rewritten much of her sport's record books. She holds the record for most matches won consecutively, 74, dating from a loss to Hana Mandlikova in Oakland on January 15, 1984, to a loss to Helena Sukova on December 6, 1984, at the Australian Open. From 1983 to 1984, she won four consecutive Grand Slam tournaments—the Australian Open, the French Open, Wimbledon, and the U.S. Open—and in 1984 she established a record for prize money in one year, $2,173,556. At that time, it was the fourth-highest figure for money earned in a year by any professional athlete.

Navratilova slammed out a stunning record of 86-1 in 1983, winning 16 of 17 tournaments. When she won Wimbledon in 1987, it marked a record sixth straight time she had done so.

She was the year-end world champion in 1978 and 1979 before ranking No. 1 again from 1982 through 1986. She has been named "player of the year" seven times by the Women's International Tennis Association.

Her success in doubles with Pam Shriver has also been impressive. From April 24, 1983, to July 6, 1985, the twosome put together a 109-match winning streak and won eight straight Grand Slam titles. They became the first team in history to win back-to-back doubles Grand Slams when they won the French Opens in 1984 and 1985; then, they added a third consecutive Grand Slam in doubles in 1986-87, at Wimbledon and the French Open.

Although other relationships of Navratilova's could be qualified as stormy, hers with Shriver has been one of the steadier in her life. "After seven years, we've had more good times than you can count," Shriver says. "It's a very special relationship because we're competitors, but I would say we're friends and partners above all. Maybe it hurts sometimes on a singles court, but we've had so many great moments in doubles, I wouldn't trade them for the world."

Shriver says Navratilova is supportive, particularly on the court "when I'm not playing well." However, during some tough moments at the Virginia Slims Championships in New York last November, Navratilova was seen berating her partner. "Pam just deferred to her, as she usually does," one tennis writer said.

Referring to Navratilova's high-strung makeup, Shriver says: "I would say it hurts and helps her. I'm emotional, too. But you are what you are and it's very difficult to change." Playing alongside Navratilova for seven years, Shriver has found, is a good deal more pleasant than facing her on the court.

Why has Navratilova been so successful? "First off, she's a tremendous athlete," Shriver says of her longtime partner, "and she's left-handed. I don't think the left-handed bit can be discounted at all. It's a tremendous advantage.

"She's of a good height [5′ 7½″] and a good build to remain fairly injury free, which has been a big help. She's had a great desire to train hard. She's made women's tennis much more a physical sport. She's looked into nutrition. So it's a total package."

For sheer physical talent, Billie Jean King believes that Navratilova "is by far the best athlete in the game. Chris [Evert Lloyd] is talented, too, but Martina is more physically talented than Chris." (Evert Lloyd, along with Navratilova, has dominated women's tennis since the early 1970s.) "Martina is the best we've ever had," says King, a tennis trailblazer in her own right, "but she's not as good as Chris mentally. She lets her emotions get to her sometimes. Chris sustains the mental aspect of the game better than anyone."

However, when it comes to physical presence, there is no contest between the two. "Martina's so strong, she hasn't had to work hard," King says. "Chris has had to sustain rallies over and over. But Martina doesn't use much energy. She's big, tall, strong—she's made mincemeat of her opponents."

At the top of her game, Navratilova might be described as state-of-the-art tennis. She has the most deadly serve in the women's game, her ball often hitting the far court at 90 miles per hour, about the same speed as a good major-league baseball pitcher. Her forehand and overhead putaway are equally powerful and her moves around the net usually baffling. Her weakest stroke, her backhand, is still better than most.

With all this going for her, Martina

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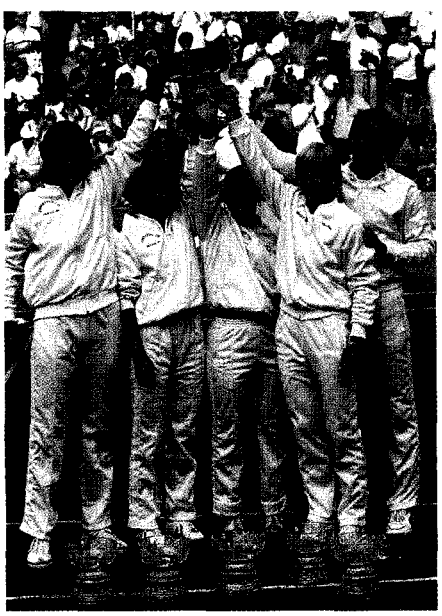
Navratilova has to be today's No. 1 seed, right? Wrong. Like the aging top gun in a Western, Navratilova is going through a difficult, and critical, time of her life.

Faced with a new generation of players poised to make a name for themselves at her expense, the foremost women's tennis player of modern times—and perhaps of all time—finds she suddenly must pull up her bootstraps, in a manner of speaking. Ranked No. 1 in the world for five straight years and for seven of the previous nine, the 31-year-old Czechoslovakian native slipped to No. 2 in 1987 during a troubled, feast-or-famine year.

Winner of 70 of 84 previous tournaments coming into the 1987 season, Navratilova, bothered by injury at the start, didn't win her first tourney until she captured Wimbledon in July for a record-tying eighth time. She followed that with another grand-slam championship, her fourth, at the U.S. Open and also included the doubles and mixed-doubles titles at the event for her first career "triple."

Those were the highlights. Otherwise, she won only two other minor tournaments in 1987, an off-year for her, and she was bounced from the prestigious Virginia Slims Championships in New York in November by the fast-climbing Gabriela Sabatini of Argentina. That loss signaled the end of the season for Navratilova, even though she and Pam Shriver still had one victory left for their nonpareil doubles team.



Returning to Czechoslovakia after an 11-year absence, Martina celebrated by helping teammates win the Federation Cup.

One of Martina's most wicked weapons is a serve that results in tennis-ball bullets often timed at 90 miles per hour.

Long before she lost at the Virginia Slims tournament, Navratilova had lost her No. 1 ranking in the computer standings to the West German whiz kid Steffi Graf. The 18-year-old Graf eventually certified her standing by beating Sabatini in the Virginia Slims finals to complete a sensational year that included 11 tournament championships, a streak of 45 consecutive victories, and a record of 75-2 overall. "She's No. 1," Navratilova finally conceded, "and it's really too bad, because I had a good year."

Not by any stretch of the imagination, however, could 1987 be construed as a typical season for Navratilova, who has indeed seen better times in her illustrious career. Actually, it was a year of dramatic changes in her life. She changed coaches, from Mike Estep to Renee Richards and Randy Crawford; changed rackets; and even changed her hairstyle during the U.S. Open.

After losing on only 14 occasions in the five years she was No. 1, Navratilova lost seven matches in the first eight months of 1987, an unlikely scenario. She blamed part of her problems on her physical ailments and on the coaching change from Estep, with whom she had philosophical differences. "Mike felt I should come to the net at any cost," Navratilova says, "while Renee is more conservative in her approach. I take the middle-of-the road attitude. I feel you can't come in on everything."

Although Crawford didn't last long, Richards is still around, as is Navratilova's newest mentor, Tim Gullikson. Starting out the year with him, she hoped for some stability. "I'll be talking to Renee during the year, I'm sure," Navratilova says, "but right now Tim is the full-time coach."

If all these recent coaching changes suggest some kind of panic-button pushing by Navratilova, there may be some truth to it. "I never expected to play so many lousy matches in one year [in 1987]," Navratilova says. "But everybody else is playing better. That's progress. That happens."

However, Navratilova says she's never felt better physically. It's her mental game that needs some fine-tuning, she says. "I had problems at the beginning of last year, but there's nothing wrong physically now," she says. "It's just a state of mind and putting the work on the court, just really believing and going after it."

Friends think Navratilova's slip to No. 2 might be the best thing that's happened to her. "I think it's good for her," Billie Jean King says, "because she'll be motivated again to be No. 1. It rekindles that spirit you

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The doubles team of Navratilova and Shriver can boast a winning streak of 109 matches and eight Grand Slam titles.

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THE HAPPIER DAYS FOR RYAN WHITE

It didn't take much to make Ryan White smile on Christmas day—a computer compatible with the one at his school, and the promise of his first trip to Washington, D.C., with a visit to the Smithsonian.

by Cory SerVaas, M.D.

"What would you like to say to the scientists who are trying to find a cure for AIDS?" we asked Ryan White, the 16-year-old hemophiliac with AIDS who sat across from us on the comfortable living-room sofa at the Whites' Cicero, Indiana, home.

Without a moment's hesitation, he replied, "I'd like to tell them to hurry up."

One can hardly fault Ryan for his eagerness. A brilliant medical breakthrough had, in the early '70s, made hemophilia no longer a life-threatening disease. But then, through a quirk of fate, came the tragedy of AIDS. Undoubtedly, even while Ryan was receiving the disease by infusion, there were frustrated scientists at the Centers for Disease Control (CDC) who were already pounding on the table, insisting that the hemophiliacs should be warned and the high-risk blood donors deferred. Perhaps by the time Ryan was infused with the virus, there were scientists who were already on the track of removing the AIDS virus by heat-treating the Factor VIII (blood-clotting agent) that hemophiliacs receive. (See companion article by Randy Shilts, excerpted from *And the Band Played On*.)

On a joyous Christmas day, 1987, Ryan White told us he prays every night to thank the Lord for one more day.

• • •

As often happens with infant hemophiliacs, Ryan White bled profusely after circumcision. His mother explained: "He was circumcised in Kokomo, and he bled for three days before they realized that there was something wrong. They tried to stitch him; they tried ointments and everything, and finally

Once shunned by parents, Ryan reveled in his new acceptance and a starring role in the "Ryan White Day."

"I'd like to thank the school for being so nice," Ryan said. "I really appreciate what they have done for me."

Jeff Atteberry/The Indianapolis Star

The smiles grew progressively bigger as Ryan experienced the joy of a day honoring him, his mother, and the school.

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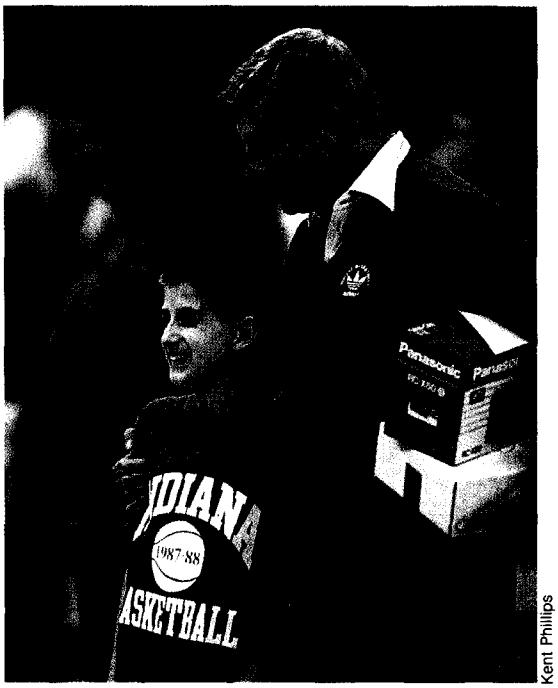
he had lost so much blood that they had to do something. So they transferred him to Methodist Hospital in Indianapolis. In fact, he had lost so much blood that by the time they got him down there they didn't know if he would make it." It was then Jeanne White was told that her three-day-old son was a hemophiliac. "He had less than 1 percent clotting factor, so he is considered a severe hemophiliac," she said.

"He did fine with the clotting-factor [infusions]," she said. "I started giving it to him myself when he was about four or five years old, because he was averaging hospital stays two or three times a month. So they taught me how to give it.

"When I go to Riley Hospital I pick up 10 or 12 batches. All of the batches are kept in my refrigerator until I use it up and go to get more."

At 13, Ryan learned he had AIDS. Jeanne White said she believes that "unknowingly, I had infected him with a bad batch of Factor VIII 12 times without realizing it.

"Ryan was the first hemophiliac in our area to be diagnosed, and he was one of the younger ones. Ryan had never had hepatitis, but then one year when we went in they asked me if Ryan had been sick or anything. They said, 'He shows that he's been infected with hepatitis, that he's had hepatitis.' And I said, 'Well, yes, he was sick for about three or four months last year, but nobody knew what it was.' Everybody kept saying, 'Well, there's a lot of flu going around. . . .'



Kent Phillips

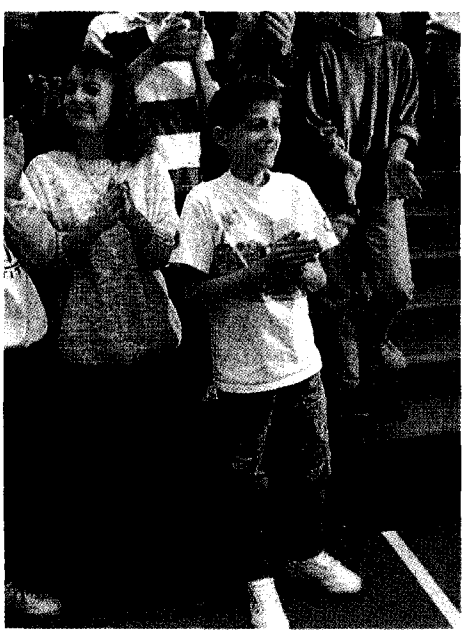
Ryan was the happy guest of Bob Knight, the internationally known basketball coach at Indiana University, who arranged for Ryan to attend last December's Hoosier Classic at Market Square Arena in Indianapolis. The coach selected a good game: Indiana won.

"In 1984, after Ryan came down with AIDS, they began having all the hemophiliacs that were seen at Riley Hospital come in to be tested. So between '84 and '85 they began finding out that all of the hemophiliacs were AIDS-antibody positive.

"At the time he was diagnosed with AIDS, Ryan was a student at Western Middle School outside Kokomo. He was an honor student. He liked school. He had played baseball until being hit with a ball hard enough to cause bleeding. He had to quit that. At 13, he had a girlfriend, Chris."

"But that didn't work out," Ryan chimed in. This was before AIDS education had penetrated the heartland, and panic—fear from lack of knowledge—created a problem.

"Then one of the TV stations called," Jeanne said, "and asked if they were going to allow Ryan in school. I told them I wouldn't know until the middle of August. Meanwhile, they called the school, and the school said they were not going to ac-



Ryan joined the Cicero assembly in greeting Indiana's Gov. Robert Orr, little suspecting the award awaiting him.

Ryan and his mother both received Sagamore of the Wabash awards for their courage in shedding light on AIDS.

Jeff Atteberry/The Indianapolis Star

A "Spirit of the Heartland" award, created for Cicero's community and school, put a glow on the faces of the Whites.

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cept Ryan. I knew that all the other kids who were AIDS-antibody positive were going to school without any trouble, and they were just as contagious with the virus as Ryan was."

It was enough to break a mother's heart—having the superintendent decide that Ryan couldn't stay in school. Because Ryan's diagnosis was one of the first in Indiana, fear and panic among parents caused a battle in the school district. It split the community.

"They didn't know what to do about AIDS. They didn't want it involved in their lives," Jeanne said. But as a parent, she understands their feelings. "That's why I've never been bitter," she added. "People there now tell us that they wish they had spoken up for us. The fighting is over."

Jeanne White told of how the tragedy appeared from her vantage point: "When Ryan first became ill, I really got into it with the president of the National Hemophilia Foundation. I was very upset because they didn't come forward to help me out at all. I don't mean with money—I mean support-wise. I couldn't get any help from them when I was trying to get Ryan back into school, because I knew hemophiliacs *all* had it. They tried to hide [AIDS among hemophiliacs].

"I couldn't go to the media and tell them that 95 percent of the severe hemophiliacs now were positive for AIDS, because then I would be hurting all my counterparts. I couldn't do that to the mothers I've talked to over all the years.

AIDS has brought Ryan and his sister, Andrea, into a closer relationship. Before the affliction, they were close only while fighting.

"The president of the National Hemophilia Foundation told me, 'Well, we're letting the medical profession fight our battles for us, because we're trying to keep a very low profile.' And I said, 'We're talking about *every* child, *every* hemophiliac here. We're not just talking about Ryan White.'

"I spent two hours one night on the phone with him, and I was just very irate after I finished. He was a lawyer. He is no longer the president of the foundation."

Dr. Bruce Evatt, the resident hemophilia expert at the CDC, understood the confusion and the frustration Jeanne was feeling. His insights from his special perspective: "When you get hit by a tragedy like AIDS, there is, of course, a number of different ideas on how to handle it. I think the early days were especially difficult, because at that point there were very few patients that had developed AIDS. Most of the hemophilia-treatment physicians had invested a great deal of time and had seen these patients' lives transformed by the [blood-clotting] material, and then the thought that this material that had been such a transforming gift had suddenly become a killer, so to speak, created a great deal of anxiety. Certainly there was a great deal of diversity of thinking as to the proper way of managing this

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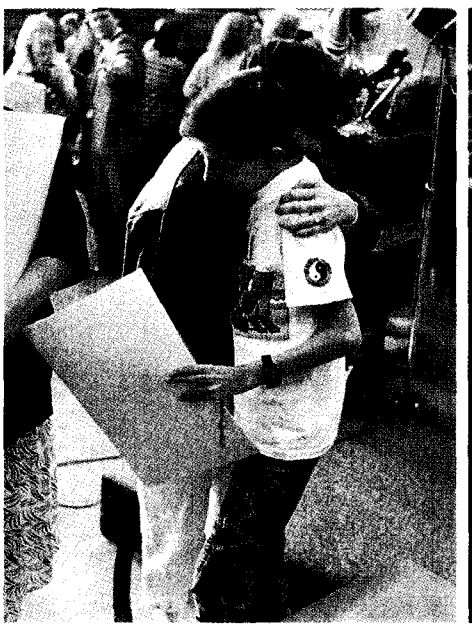
Listening to Governor Orr add praise to the Cicero community and school puts a glow on the faces of Jeanne and Ryan.



Classmate Wendy Baker's hug is a far cry from Ryan White's treatment at his former school in Kokomo.

Conscientious honor student Ryan White happily stows books and personal gear in his locker at the Cicero school.

Jeff Atteberry/The Indianapolis Star

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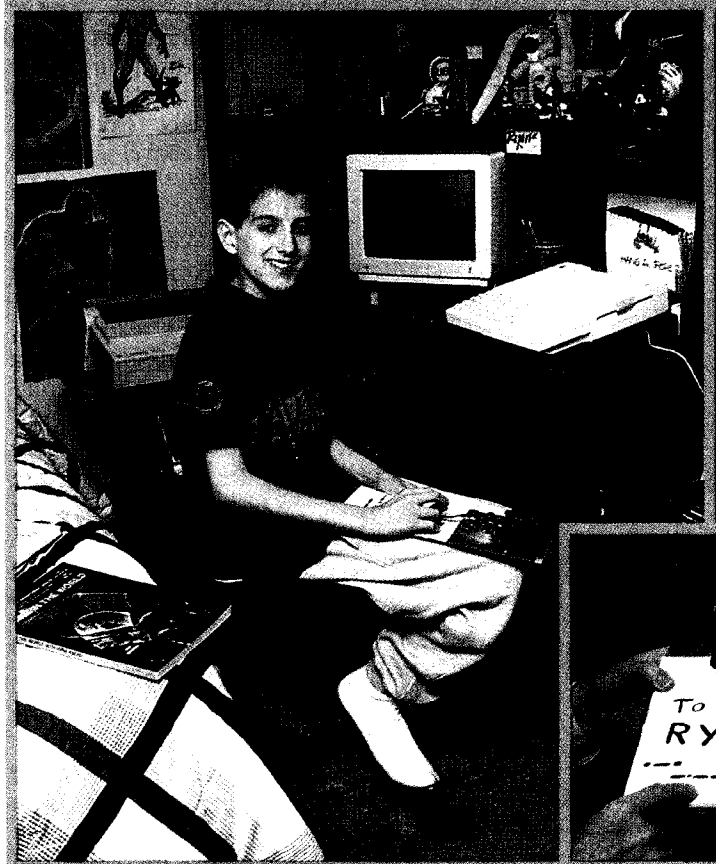
HAMS HELPING AIDS PATIENTS



Darryl Jones

Ryan wasted little time in polishing his Apple skills after the computer arrived, a gift from the SatEvePost Society. Learning to decipher "Ryan" in Morse code was equally easy. (See inset.)

Beurt's HAM days date back to when he was Ryan's age, picking up early distress calls from flood victims in Johnstown, Pennsylvania. He will give AIDS patients their novice license tests.

My husband, Beurt, is a people-helping HAM. I've seen him sit in his radio shack, no matter how hectic his schedule, and help some kid cram to pass the amateur radio license test. Then he'll give the youngster the test so that he will have made a new convert into the wonderful world of amateur radio.

I've never met a HAM I didn't like. Attend a HAM-fest and you'll see what I mean. They like electronics and they love to talk for hours over the airwaves, maybe thousands of miles apart, to people they have never met face-to-face.

The HAM "mafia" in Indianapolis is a particularly exciting group. When my husband was caught in the earthquake in Mexico City in September 1985, I was frantic. He jogs every morning with no identification. I was about to strike out for Mexico City to look for him in the rubble, but Indy HAMs came to the rescue. All the TV stations were putting out appeals for the HAMs to try to reach him (Beurt is president of the Indianapolis City Council). All night they called Mexico City. The telephone lines from the United States to Mexico City were down, but the HAMs finally found a Mexican amateur radio operator, who found Beurt alive and well. When the earth had shaken so much that he fell to the ground while jog-

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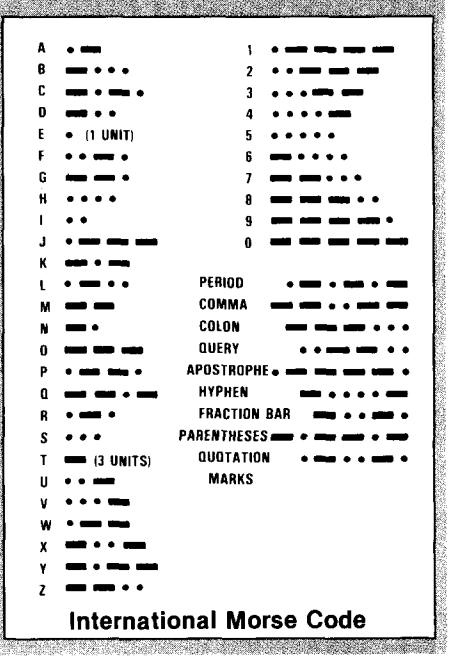
Morse code has been linked with life-and-death situations since a HAM operator stayed at his keys round the clock to communicate the names of *Titanic* survivors to families around the world. How fitting it is that the code has taken on an important role in the current AIDS crisis. AIDS patients Jim Miller and the Rev. Don Wade are eager to learn the code, shown at right, that will put them in touch with others struggling with the illness.



International Morse Code

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and in investigating such epidemics. It ranged all the way from denial and 'it didn't occur' to panic and everything in between. I think that in those early days there were certainly a few people at the National Hemophilia Foundation who were very instrumental in getting everything on course and in developing some very sound processes for proceeding."

A New Life in Cicero

After leaving Kokomo, Ryan said, "I didn't want to die there. I really didn't want to be buried there, either. I want to be buried here. I like it. It's peaceful and quiet." Ryan was referring to Cicero Cemetery.

Ryan was recently out of school for two weeks with shingles. He had them on both sides with a lot of itching. Once again his mother had to take time off work. "I don't get paid when I don't work," she told us, "and I've had to miss an awful lot of work. But General Motors has been very cooperative. I've missed way over the limit they allow, and still they've never said a word to me.

"The doctors wanted to put Ryan in the hospital with his shingles, but he didn't want to go. Dr. Martin Kleiman was worried about infection, thinking that if any of them got infected, then we'd be in trouble. [Dr. Kleiman is the infectious-disease specialist who takes care of Ryan at Riley Hospital for Children in Indianapolis.] The relationship between the two is beautiful," Jeanne said.

Jeanne furrowed her brow and continued, "Ryan is on AZT now. I don't know. Everything I read about it now is bad. I read that it poisons your system. You don't know what to do. He seems to be doing pretty good, and I just don't know what the answer is. I know it's scaring me now, but he was doing so bad when they put him on it, and of course it really made the difference."

One understands a mother's anguish about a toxic drug, but one senses that this mother has good instincts. She reads avidly about AIDS treatments. She must know that the chances are that the new drugs for *Pneumocystis* pneumonia probably saved her son's life when he first developed AIDS and was deathly ill and on a respirator to keep him alive.

Dr. James Smith, an eminent pathologist at the Indiana University School of Medicine, has been trying to develop better drugs for keeping *Pneumocystis* patients alive longer since the mid-1970s, before the AIDS crisis began. Because such a large number of AIDS patients get *Pneumocystis*, new drugs for it have now taken high importance throughout the world. Indiana University recently received a large federal grant to study *Pneumocystis* under Dr. Smith's direction.

Petite Laura Kriech was Ryan's favorite nurse during his stay in intensive care at Riley Hospital in Indianapolis. She always asked to be assigned to him.

Andrea, Ryan, and Jeanne White with Elton John, Ryan's "greatest friend," who treated the Whites to a "super time" at Disney World.

Although Ryan finds it hard to choose a favorite among his many notable friends, when it comes to teen idols it comes down to one—Alyssa Milano, from the TV show "Who's the Boss?"

Jeanne doesn't take all this for granted. Nor does Ryan. They both know that many of Ryan's hemophiliac friends have already died. Ryan had a good pal from Boston with whom he liked to talk and compare notes. "But he is dead now," Jeanne told us. Ryan and his mother both know that it's the excellent care and the caring people in Indiana that have helped keep Ryan alive.

Governor Orr of Indiana declared a Ryan White Day, giving Ryan and his mother "Sagamore of the Wabash" awards, and his school the "Spirit of the Heartland" award, to thank them for their great courage in furthering the understanding of AIDS.

"Fear frightens—it hearkens the unknown, the feeling of being in an unfamiliar dark room where you don't feel safe," Orr told more than 600 of Ryan's classmates and teachers attending the ceremony. "Thank God you can turn on the light."

Bob Knight, the Indiana University basketball coach, invited Ryan to an I.U. tournament game as his guest. The HAM radio operators of Indiana have given him a Morse-code kit so he can get a license to talk to friends, whether with or without AIDS, around the world. The girls in school are hugging him again.

Another factor in Mrs. White's courage is keeping up the good fight for Ryan in her faith and that of her son. Ryan was baptized at the St. Luke's United Methodist Church in Kokomo. He smiled when we gave him a Norman Rockwell Bible.

Jeanne White told us that he kneels in prayer every night to thank God for one more day.

We asked him if he trusted in God.

"Yes, I sure do," he responded emphatically.

"Does believing in what God says in the Bible make a difference for you?" we asked.

"Yes, there's always hope with the Lord," Ryan said.

"Do you pray often?"

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"Every day."

"Do you have any fears now?"

"Not really. I have a lot of trust in God.

"You have a lot of hope for the future, don't you?"

"A lot of hope," Ryan said with feeling.

His mother added, "I think the Lord has chosen Ryan for a reason, and I feel like the Lord's going to take care of him. Ryan has done much better than most AIDS patients do. So how can we complain about that? It's very unfortunate that he has the affliction, but I feel that for a person who has AIDS, he has done very well. We can feel very fortunate for that."

Ryan proudly numbers among his famous friends Greg Louganis, Olympic gold-medal diving champion, who certainly wasn't all wet when he forsook the high board to encourage the brave AIDS victim.

Ryan's faith and hope are in perfect harmony with another Methodist AIDS patient, the Rev. Donald Wade, who has recently recovered from a second bout of *Pneumocystis* pneumonia. Pastor Wade has not yet met Ryan, but he plans to. His wife teaches visually impaired children in the school district where Ryan now attends school.

With his faith and positive outlook, Ryan White is anticipating a career in advertising. "It looks like fun," he said. "I like to think up slogans and rhymes." Thus, Pastor Wade may find in Ryan the ideal hero for a book he proposes to write, titled *The Positive Side of AIDS*.

The positive side? Who better to ask about that than the Rev. Donald Wade himself?

"The book will deal with some of the good things that happen to you as a result of AIDS," he said. "It isn't all bad, and the spiritual enrichment and deepening and some of the humorous things that happen will present a different side to AIDS."

When Pastor Wade and his beautiful family visited our church last year, he told us the press should stop its continual references to AIDS as invariably fatal and hopeless.

"Yes, we are all going to die of something, you know," he said. "And so much is being done in the way of research. I know that some of the medications I've gotten—I'm sure two years ago they didn't have. I know they are helping me, and if I can just hang on, I'm sure they'll come up with some more good stuff. So I just feel like there is a positive side, and I know in my own life it hasn't been all bad. It's disappointing to have AIDS, but it certainly deepens one's spiritual life. So, I think there is a positive story to tell. There are even some humorous

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PROTECTING THE HEMOPHILIACS

Medical historians will record the heroes and heroines who pushed forward to save the young hemophiliac population from AIDS-infected infusions.

Dr. Bruce Evatt from the Centers for Disease Control (CDC) is called a prince of a man by hemophiliacs throughout the country. He is a long-time champion of hemophiliacs in his position as the director of the Division of Host Factors at the CDC. Just as the hemophiliacs are laudatory about him, Dr. Evatt praised the efforts of some of the people at the National Hemophilia Foundation who had helped push forward AIDS protection for hemophiliacs. Alan Brownstein was one of these, certainly. Dr. Peter H. Levine was another. Charles J. Carman was another; Nathan Smith was another. All of these people were very important in grasping the concepts and proceeding.

Recently a Canadian hemophiliac was reported to have developed AIDS antibodies after receiving heat-treated material from the Armour Pharmaceutical Company. Armour has recalled the material that had been heat-treated in a manner that is now believed to be less safe. We asked Dr. Evatt about this process.

He explained: "You just didn't have the time to do all the testing. Time was too important then. If you waited around to do testing before you marketed those things, you'd possibly have every hemophiliac in the world infected. It was something that just had to be done as quickly as possible and then monitored to make any modifications as quickly as possible based upon the data. And that is where working with the hemophilia community and the National Hemophilia Foundation has been very help-

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THE CORRUPTING OF FACTOR VIII

It was the best hope for a better life expectancy for thousands of hemophiliacs, but through negligence, politics, delay, and self-interest, it became the deadly agent of AIDS.

by Randy Shilts

January 1982, Centers for Disease Control, Atlanta

Bruce Evatt enjoyed his work with hemophiliacs, and his lifetime research into the bleeding disorder had long ago made him the resident expert on hemophilia at the Centers for Disease Control. The disorder, which had plagued generations of European royalty, was determined by the hereditary information of just one molecule. Orders for this molecule's construction passed in genetic code from mother to son; the molecule determined whether or not the son's blood would clot to stop bleeding. Hemophiliac sons lacked that ability, hence the name of their disorder, hemophilia, "love of blood." Beyond the fascination with this molecule, Evatt found that hemophiliacs were simply a joy to work with. They were an intelligent, well-informed group who, in their lifetime, had experienced a scientific breakthrough that added decades to their typical life expectancy.

The invention of Factor VIII—a substance that, when injected, helped their blood to clot normally—had revolutionized thinking about longevity for America's 20,000 hemophiliacs. Before Factor VIII, a hemophiliac could expect two, maybe three, decades of a life crowded with visits to the hospital for voluminous transfusions. All that the transfusions could do, however, was replace lost blood. Factor VIII, injected into the blood with a clotting factor concentrated from thousands of blood donors, gave the necessary components that allowed the hemophiliac's blood to clot itself. The discovery gave the promise of a reasonably normal life span.

Bruce Evatt relished the optimism hemophiliacs shared. They organized, lobbied for research funding, and eagerly worked to improve their lot, not like people with cancer or chronic diseases who in despair just turned over and died.

Terry Gamma-Liaison

ABOUT THE AUTHOR

Randy Shilts, a San Francisco author and journalist, has covered the story of AIDS for the San Francisco Chronicle since 1982. His investigation of the epidemic has taken him throughout the United States, Europe, and Africa.

Shilts' Post article is excerpted from his recent book, And the Band Played On, a chronicle of the first six critical years of AIDS in America, 1980-85. "There had been a time when much suffering could have been prevented, but by 1985 that time had passed," Shilts says. "The bitter truth was that AIDS did not just happen to America—it was allowed to happen by an array of institutions, all of which failed to perform their appropriate tasks to safeguard the public health." The first six years of AIDS, he has concluded, "was a drama of national failure, played out against a backdrop of needless death."

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Evatt's regard for hemophiliacs is what made the phone call from Florida so troubling in the first days of 1982. A Miami physician was convinced that Factor VIII had killed his patient, an aging hemophiliac who had died of *Pneumocystis* a few months ago. Couldn't the *Pneumocystis* protozoa have been transmitted in the clotting substance his patient injected?

Evatt assured the doctor that the filtering process during Factor VIII preparation prevented the transmission of bacteria and protozoa. Of course, smaller microbes, like viruses, could make it through the filtering, giving hemophiliacs an inordinately high rate of, say, hepatitis B. But the *Pneumocystis* bug was big enough to be caught by the filters. Evatt's careful speech exuded an aura of kindliness; it was difficult not to believe his reassurance.

Once off the phone, however, Evatt's face folded downward toward the despairing thoughts he had been trying to hold off. Already, CDC staffers like Mary Guinan and Don Francis were predicting cases of "gay pneumonia" in hemophiliacs and in blood-transfusion recipients. This could not only be the first such case but it could also provide some evidence that a virus was indeed responsible for the epidemic of immune deficiency among gay men. Evatt called the Food and Drug Administration, which has authority over blood products, to see whether its staff had heard of any similar problems. He also checked with the well-organized network of hemophiliac groups in case they had heard any reports of similar cases. None. Nor did [CDC technician] Sandra Ford's records turn up any pentamidine orders for hemophiliac patients. [Pentamidine is the drug used to treat *Pneumocystis*.]

The Florida case itself was problematical. Although a biopsy did confirm the *Pneumocystis,* the man's death made it impossible to go for any more precise immune assay [analysis]. The doctors had also made no autopsy, leaving the possibility that some undiagnosed tumor or lymph cancer had caused the immune suppression necessary for the pneumonia to take root.

Harold Jaffe of the Kaposi's Sarcoma and Opportunistic Infections

Dr. Bruce Evatt praised the efforts of Alan Brownstein (above) of the National Hemophilia Foundation. Brownstein had helped push AIDS protection for hemophiliacs forward. Said Brownstein, when the media reported, "Gay Blood Ban Urged": "We had bomb threats to our office. When I was on the network news I would say, 'The National Hemophilia Foundation is urging that blood from gay men, IV drug abusers, etc., should not be used,' and then I would go on to say that in so doing this should be done in a very sensitive and discreet way so as not to compromise one's privacy. But that part was not on the network news. Only the first part was on."

© 1987 by Randy Shilts from the book *And the Band Played On,* and reprinted through special arrangement with St. Martin's Press, Inc., New York.

Mary Guinan, M.D., CDC
July 17, 1981

"Hepatitis B struck both gays and intravenous drug users, she knew; as she had believed for several weeks, it was reasonable to assume a new disease might do the same.

The analysis had the ring of . . . other prime victims of hepatitis B, they could be expected to pick up this bug and be transmitted through blood contact among intravenous drug users. Guinan had already made a mental note to watch for cases among hemophiliacs and blood transfusion recipients. As other prime victims of hepatitis B , they could be expected to pick up this bug too through blood products."

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Task Force explained the problems to CDC Director Bill Foege. An old hand at epidemiology, Foege appreciated the gravity of the case, not only for hemophiliacs and blood-transfusion recipients but also for opening the way to finally nailing down *something* as the cause of the epidemic, even if it were only a generic label like *virus*. However, he knew there were too many variables.

"If it's real, there'll be another one," he told Jaffe. "And then we'll know."

Evatt told Sandy Ford to be alert for any pentamidine orders that might list hemophilia as an underlying medical condition, and the uneasy months of waiting began.

June 11, Centers for Disease Control, Atlanta

Sandy Ford called Dr. Evatt as soon as the order came in. Sandy, who had first alerted the CDC to the GRID [later changed to AIDS] epidemic last year, had even worse news to break to Evatt.

It had happened, Ford told him. An order for pentamidine had come in from Denver. The *Pneumocystis* victim, the doctors had said, was a hemophiliac.

Gubb/Gamma-Liaison

"Two days after the fateful meeting in Auditorium A, the American Association of Blood Banks convened a Washington meeting. . . . Under prodding from gay representatives, the groups issued a joint statement reiterating the blood banking industry's opposition to donor screening. 'Direct or indirect questions about a donor's sexual preference are inappropriate,' the statement said. Dr. Roger Enlow (above), a gay physician and a leader of the American Association of Physicians for Human Rights, heralded the policy. 'We've preserved not just gay rights,' he said, 'but the human right to privacy and individual choice.' "

That night, Evatt's associate in the Division of Host Factors, Dr. Dale Lawrence, took a flight to Stapleton International Airport in Denver.

June 14, Denver

With his white shirt, plaid tie, black oxfords, and thinning dark hair that fell over earnest dark eyes, Dr. Dale Lawrence looked like everybody's favorite biology teacher in high school. He sounded like a serious instructor too, soft-spoken even as he strained to put his words together just right so everything he said would be easy to understand. He had to ask all these questions, he told the stunned wife of the hemophiliac patient, because so much was at stake.

Although Lawrence had worked for a year with the CDC's Division of Host Factors on issues of genetics and susceptibility to GRID, he had been to enough Task Force meetings to know what needed to be asked. He had to positively eliminate the chance that the man might have been involved in gay experiences or, perhaps, some kind of drug use or medication that could have engendered his immune deficiency. Lawrence's intense investigation the earlier few days had eliminated everything else. Just that

Peter Michael

Jim Curran, M.D., CDC
July 13, 1982

"The worst news of the day, however, was yet to come.

When Curran started talking, a discernible chill crept through the room. There was still another new risk group, Curran said. That week, the CDC would release the case histories of three hemophiliacs who apparently contracted the immune suppression from their Factor VIII. The three cases, Curran knew, were the hemophiliacs in Canton and Denver whom Dale Lawrence had just researched, as well as the elderly Florida man who had been reported to the CDC back in January. A stunned silence greeted Curran's report."

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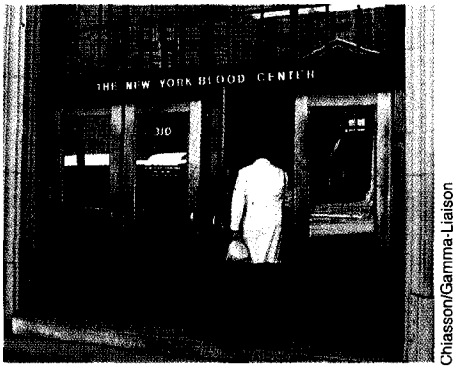
morning, he had gone to the local blood center. Blood-bank officials were very skittish about his arrival; Lawrence knew why. Just one or two documented hemophiliac GRID cases would severely shake the foundations of the blood-banking industry.

Lawrence carefully drew out grids of all the different batches of the Factor VIII clotting factor that had been injected into dozens of other hemophiliacs served by the same Hemophilia Treatment Center in the Denver area. Maybe there was just one bad lot that was making people sick, and the *Pneumocystis* diagnosis was a wicked coincidence. Looking back at three previous years, however, he could find no single such lot.

Instead, Lawrence went back to the wife of the man wheezing on the ventilator at the University of Colorado Medical Center. The couple's troubled story was laid out. The man, a janitor, had struggled against his disease for a lifetime, already living decades beyond what doctors had predicted when he was born. The uncontrolled bleeding in his joints had left him partly crippled, but he toiled to eke out a living for his wife and children just the same. Factor VIII, of course, had been a godsend, but



Chiasson/Gamma-Liaison

1982: "Lawrence was disappointed when the officials at the New York Blood Center, the nation's largest blood bank, refused to supply him with the addresses of the donors so he could launch his planned interviews. No, the blood banking officials maintained, there's no evidence that AIDS can be spread through blood transfusions."

1983: " 'Don't overstate the facts,' said Dr. Aaron Kellner, president of the New York Blood Center. 'There are at most three cases of AIDS from blood donation and the evidence in two of these cases is very soft. And there are only a handful of cases among hemophiliacs.' "

now he was in there dying. Wasn't there anything anybody could do?

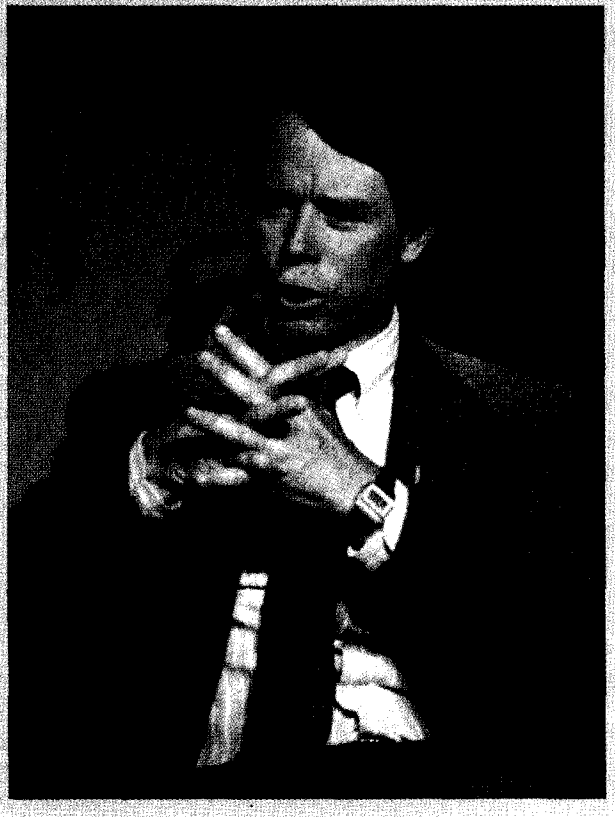
At the end of the conversation, Lawrence felt he had eliminated other probable routes of infection. Bruce Evatt was convinced that GRID was being spread through Factor VIII even before Lawrence returned with the final results of his investigation. Evatt had suspected it for months, after the first Florida man had died of *Pneumocystis*. The Colorado case was the clincher. Because bacteria, protozoa, and one-celled microbes were easily weeded out of the Factor VIII during its preparation process, this meant that GRID was caused by a virus, the only organism small enough to pass through the filters.

Both Lawrence and Evatt knew there would be more GRID cases among the hemophiliacs soon and blood-transfusion cases would follow. Because of their exposure to vast numbers of donors, the hemophiliacs simply had the misfortune to get it first, like promiscuous gay men in the late 1970s.

July 2, Atlanta

Bruce Evatt heard of still another

continued on page 94



Don Francis, M.D., CDC
January 4, 1983

"Don Francis pounded the table with his fist. The other officials from the Centers for Disease Control exchanged vaguely embarrassed glances. The blood bankers were becoming visibly angry.

'How many people have to die?' shouted Francis, his fist hitting the table again. 'How many deaths do you need? Give us the threshold of death that you need in order to believe that this is happening, and we'll meet at that time and we can start doing something.'

As far as Francis was concerned, the assembled leaders of the blood banking industry were about to take a course of action that could, at best, be termed negligent homicide. . . ."

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SMEARING THE PAP SMEAR

The Pap test misses some cervical cancer through labs' errors.

by Walt Bogdanich

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Editor's note: Pap smears have saved many thousands of lives. Now that most women are having Pap smears yearly, the readings have become lax in some labs. Unfortunately, at the same time, promiscuity and sexually permissive lifestyles have brought on more sexually transmitted diseases that are precursors to cancer of the cervix. A papilloma virus that is sexually transmitted is now believed to cause cervical cancer.

Women who are sexually active should be Pap-smeared more frequently. Because false-negative results are a possibility, it might be a good idea to ask for your slide to be sent to a different laboratory occasionally. Ask your doctor where your slide is read. See part I of this article in the Jan./Feb. '88 *Post*.

Conclusion: Pap slides are often kept only as long as the law requires. In states without laboratory laws—which is nearly half of them—a lab needn't keep slides at all unless it operates in interstate commerce or is Medicare certified. In the latter case, it must keep them two years.

Patricia Ashton, a cytotech and consultant to a major national laboratory, says that her lab's lawyers instruct workers to "get rid of slides as soon as possible" to limit liability. "I don't think it's medically ethical," she says.

Even if a suspect slide exists, retrieving it can be a problem. A now-defunct Boston laboratory called Elm Medical Lab, after having failed to detect a woman's cervical cancer, covered up the error by substituting a negative Pap slide for a positive one in her file, according to evidence presented by the Massachusetts attorney general in a state court. A jury last year found the lab had violated state consumer-protection laws; the case is on appeal.

Dwight Golann, who handled the state's case, also presented evidence that slides were improperly prepared at the lab; that one screener spent just seconds on each specimen; that slides were examined at home; and that the lab had failed to find the abnormal cells on 10 of the first 12 positive slides checked by investigators in a rescreening.

The dimensions of some abuses have been stunning. A Mansfield, Ohio, lab was discovered in the late 1970s to have sent out nearly 6,000 erroneous Pap-test reports. A worldwide alert located many, but not all, of the women affected. And this past September, health authorities in Britain issued an international alert for 911 women who had Pap smears misdiagnosed by a leading pathologist there.

Cyctotechs should be examining no more than 12,000 patients' slides a year, says the American Society of Cytology, yet in some labs, the average workload runs about 35,000.

Planned Parenthood

Bad lab work is currently a paramount concern for Planned Parenthood Federation of America, which last year took 1.4 million Pap smears through affiliated offices and clinics. Early last year, Planned Parenthood warned affiliates of "a rapid rise in the number and cost of claims" due to laboratory errors, specifically Pap smears.

A few years ago, it tried to catch a lab it suspected of misreading Pap slides. Twice it sent the lab, which it won't name, slides from women known to have cervical cancer or its precursors, and twice the lab failed to report abnormalities. When Planned Parenthood tried to retrieve the specimens, one set was said to be lost and the other came back smashed. It was as if "they beat them up with a hammer," recalls Louise Tyrer, a physician who is vice president for medical affairs.

As complaints about lab work pour in, Planned Parenthood has begun trying to identify problem Pap labs. One lab that has come to its attention is International Cancer Screening Laboratories in San Antonio, Texas. Among the largest in the nation, ICSL processes about a half-million slides annually from 49 states. In 1985, it was banned from operating in New York after failing the state's proficiency test in cancer screening.

ICSL, operating out of a modern building on the outskirts of San Antonio, employs 42 screeners full- or

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part-time. It pays the part-timers 50¢ a slide and gives salaried employees 45¢ for each slide they screen after meeting the daily quota.

Big Producer

One screener is recorded as having analyzed 4,710 slides in June. That is a rate more than four times what the American Society of Cytology considers the maximum safe workload. Even if he worked all 30 days in June, the screener would have to have done 157 slides a day.

At such rates, "I wouldn't expect a cytotech to screen effectively or reliably," says George H. Anderson, a physician at the Cancer Control Agency of Vancouver, British Columbia, which has a highly regarded Pap-screening program. Says Dr. Robert Hutter of the American Cancer Society: "If such things are happening, then I would says that's terrible."

ICSL's president, Robert Boughton, Jr., says that his lab's work "is the best humanly possible" and that he spends more money than other labs do on quality control. He also says the especially prolific screener's error rate is well within acceptable ranges.

But in a business in which one mistake can have tragic consequences, the technician, who declined to be interviewed, last year made at least 93 errors—41 of them "major," lab records show. And those are just the ones uncovered in a routine rescreening of 18 to 20 percent of his negative slides. No one knows his actual error total.

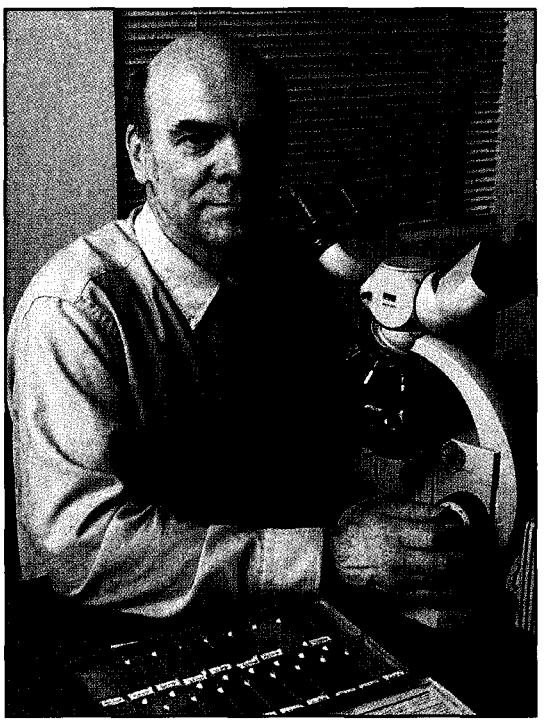
Boughton attacks workload limits as the creation of physicians who "sit up in their ivory tower with a bottle of wine" and issue pronouncements. Lending authority to his attacks on workload limits is a Ph.D. degree he says he earned in biology from the University of Mexico in Monterrey "in 1981 or 1982." He is identified in state and federal regulatory records as having a doctorate.

The University of Mexico, however, doesn't have a branch in Monterrey. And no record of Boughton's Ph.D. could be found at two other universities in that city. Boughton declines to provide a copy of the diploma, saying, "I am telling you that I have it, and that is all I have to say."

Broken Slides

Present and past screeners, who ask not to be identified, say that despite ICSL's huge volume, its medical director works only part-time. They also say that 10 percent or more of the slides sent to the lab are broken in transit. "You could easily miss an abnormality on the broken spot," says one ICSL cytotechnician.

Boughton says the breakage rate is "5 percent to 7 percent at the most." He says that while his medical director holds another job with a state mental hospital, she puts in nearly full-time hours at ICSL. He also makes no secret of the fact that he continues to operate in New York State, even though it banned his lab in 1985 after it failed the cancer-screening proficiency test. "Who's going to stop me?" he asks.



In Pap mills, screeners lose sight of the fact that "you are looking at somebody's life," says the Seattle lab owner Dr. Robert Hasselbrack, "and if you make a mistake, it may be all over."

A spokesman for the state, Mary Anne Gardineer, says, "If we can verify that [ICSL] is accepting samples from New York State, we will stop them."

Amid growing criticism of laboratory work, the American Society for Cytotechnologists is pressing for tough government workload limits—even though they would reduce many screeners' pay. "Just as the public needs protection from fatigued truck drivers," the society says, "it needs protection against life-threatening mistakes in the laboratory by overburdened personnel."

Meanwhile, the society has begun a campaign to urge women to ask their doctors where their Pap smears are analyzed. At the very least, women should be told that their Pap tests may fail to detect abnormalities, many health experts say. This way, women may be less likely to skip their next gynecologic exam.

Failure Rate

The American College of Obstetricians and Gynecologists, citing studies of hundreds of women, puts the Pap test's "false-negative" rate—the failure to reveal or report abnormalities—at 20 percent to 40 percent.

The Pap test's reliability compares unfavorably with that of other lab tests. Drug tests, for example, have been criticized as being inaccurate. But labs measured in a nationwide proficiency test last year had a much lower false-negative rate of about 5 percent. Even under the best of circumstances, Dr. Anderson of Vancouver says, a Pap test will have a false-negative rate of at least 10 percent.

To help bring error rates down, San Francisco's Dr. Eileen King argues for better pay and working conditions for cytotechs. "The field has become unattractive to intelligent, dedicated people of the kind we have always had," she says.

Above all, people in the field don't want Pap testing to remain laboratory medicine's errant stepchild. They prefer to think of it as a test so important that a commemorative stamp was issued in its name in 1978. At the White House ceremony marking the event, Postmaster General William Bolger said of Dr. George Papanicolaou, the developer of the Pap test: "He wanted to eradicate those awful words so many doctors have quietly voiced: 'If only we had known sooner.' "

Cindy Gray, the North Carolina woman who got a negative Pap-test report before finding she had cervical

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On the roof of the WORLD

The vale of Kashmir

The verdant land of Kashmir, 5,300 feet above the sea—only slightly smaller than Great Britain—is surrounded by the world's tallest mountains, the Himalayas. It seems saffron-spangled meadows, gardens, lakes, and avenues of poplar trees are everywhere.

More than 7 million people live in Kashmir, which India and Pakistan have fought three wars over. In the words of the 19th-century Irish poet Thomas Moore, it is "the Eden of the Earth." The capital of this Eden is the "Venice of the East," the 1,400-year-old city of Srinagar. Laced with canals and bridges, Srinagar has more miles of waterways than of its narrow, crooked streets.

A common mode of housing in Srinagar is the cedar houseboat, a six-room floating palace typically 80 to 125 feet long and 10 to 20 feet wide. Houseboats came into widespread use at the turn of the century when Kashmir's maharajah issued an edict forbidding foreigners to own land. The British outwitted the maharajah by taking up residence in houseboats on Kashmir's many lakes, including the 12-square-mile, spring-fed Dal and Nagin lakes and the muddy-colored snow waters of the Jhelum River in Srinagar.

The Kashmiris have refurbished

Camera-shy by reputation, these young Kashmiri women willingly drop the veil of secrecy for a chance to show off their traditional costumes.

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the British-inspired houseboats as private hotels with modern tile baths and hot water; chandeliers; fleece-stuffed quilts; embroidered, handmade curtains; silk tapestry sofa coverings; and hand-carved walls. A vase of fresh flowers brightens many tables.

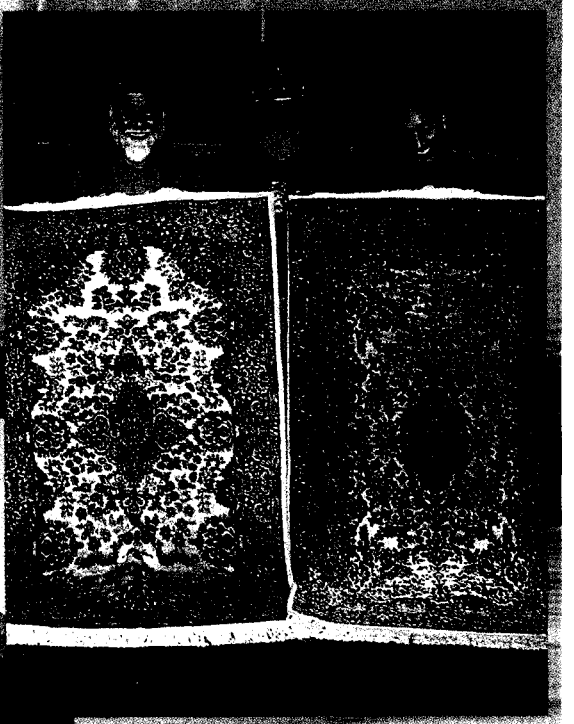
The terrace serves as a sun deck and a place for morning workouts and evening cocktails. Each bedroom has a wood stove and an attached bathroom. The houseboats' simple design provides a living room, a dining room, and several bedrooms, one behind the other, with a corridor along one side.

Itinerant waterborne merchants cruise the lakes and eagerly sell flowers, vegetables, fruits, and various sundries. Uninterested parties must sometimes be firm with these people, who smilingly greet guests with "Salaam, sahib" and then insist the customer "not buy now, just look." Perhaps one can retreat to the secluded roof if they prove too persistent.

Most Kashmiris are Muslim. On special holy days they gather at the Hazratbal mosque to glimpse its great treasure, a thread of the Prophet's hair, which they regard as indestructible by fire.

In Srinagar's bazaars, turbaned old men sit cross-legged on the dirt floors of their shops and inhale Turkish cigarette tobacco from their hookahs. The muezzin calls "Allah akbar!" ("God is great!") from the minaret. Muslim women, heavily swathed in black or white cloaks, their eyes barely visible through mesh peepholes, dart among the crowds. Two-wheeled, horse-drawn tongas holding four passengers speed by with jangling bells. Unpainted brick and wood homes, mud roofs sprouting shrubbery and grass, tumble one over another to the water's edge.

The chinar, giant Oriental plane trees planted by the Moguls, are ubiquitous in Kashmir. Originally imported from Persia, today they exist only in that country (now called Iran) and Kashmir. They form the background to Shalimar, meaning "the Garden of Love" (for which the perfume is named), a lakeside garden sculpted four cen-



(Left) Srinagar's spring-fed lakes lead to reflections of many kinds. Rows of chinar trees are descendants of those imported from Persia by the Moguls.

(Above) Psst! Wanna good deal on a Persian carpet? Kashmir is the place to buy them these days, owing to the ongoing strife in Iran and Afghanistan. (Left) Shalimar is synonymous with idyllic beauty.

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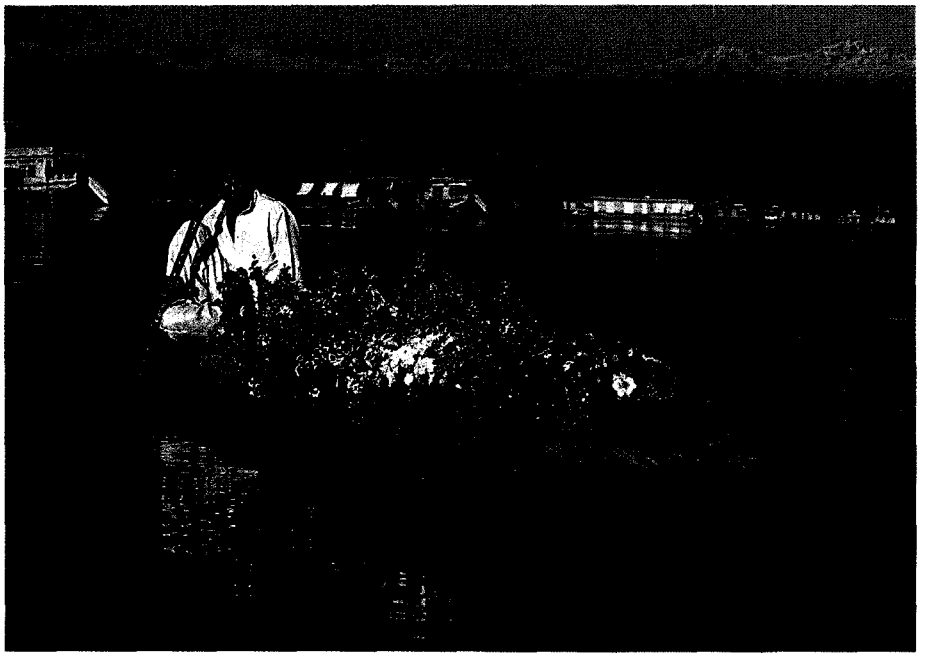
turies ago out of the hillsides for Jahangir's empress, Nur Jahan, "Light of the World." Shalimar is resplendent with shady walks lined with stately trees and marvelous flower displays. A canal bisects a quartet of terraces. Fountains, languid pools, and waterfalls surround Jahangir's summer house, where he and the empress reclined on afternoons and evenings. From May to October, the garden presents a sound-and-light show tracing the history of the Moguls and the royal love story.

Thirty miles northeast of Srinagar is Pahlgam, 7,000 feet above sea level on the Liddar River, filled with trout. At the full moon in July-August, as many as 25,000 Hindu pilgrims and visitors to Kashmir leave Pahlgam for Amarnath shrine, a rock cave set in an uninhabited valley high in Kashmir's mountains.

Amarnath—"Place of the Immortal One"—is regarded as an abode of Siva, the greatest Hindu god, the god of both destruction and creation. Within the cave is an ice stalagmite pilgrims regard as a manifestation of Siva.

Emperor Jahangir once cultivated 21 varieties of flowers in Gulmarg—"Meadow of Flowers"—35 miles from Srinagar. At 8,500 feet high, it was the summer hill station of the British Resident. The 35 miles of countryside en route to Pahlgam and Gulmarg is marked by rural villages, sculptured rice paddies with knee-deep working men and oxen, ancient temples, and progressively higher mountains. Shepherds appear with flocks of sheep. Women balance on their heads baskets of cow dung (dried, Indians use it as charcoal and fertilizer). Girls pound garments with paddles near streams.



Your local Seven-Eleven never provided a greater variety of goods than this merchant of Dal Lake. His burgeoning business includes chocolates and toilet paper among the flowers.

At Pampore on the way to Pahlgam, saffron sells for $1 a gram. It is the most expensive spice in the world. About 75,000 flowers produce one pound of saffron.

There are few places as remote as Kashmir where craftsmanship is as skilled or varied. The royal shawls (shahtoosh) are especially lovely. Their goats' wool is so soft and light that it can pass through a ring. Srinagar's Shahjee Sons shop has 12,000 shawls of different designs and colors; some are double color and reversible.

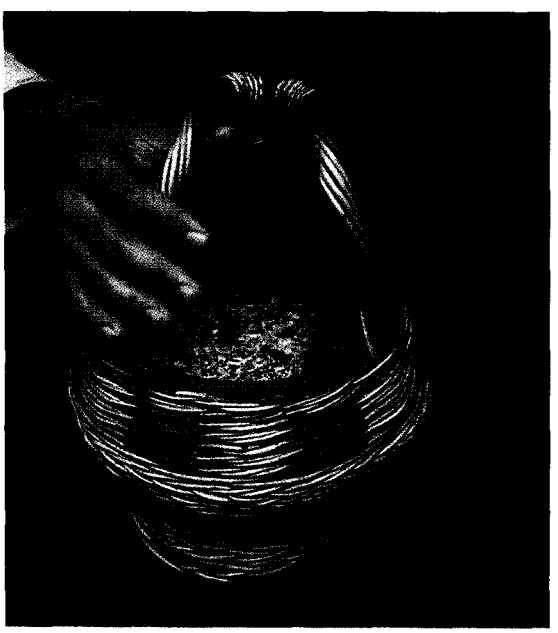
Kashmiris adopted papier-mâché making from the Persians and made it a high art. Artisans today create durable trays, tie boxes, candlesticks, bowls, bracelets, and picture frames. They shred and pulp the paper before coating it with gold leaf and painting the objects with cat's-hair brushes and varnishing them.

Now that Iran and Afghanistan are off-limits to visitors, Kashmir has become one of the better places to buy an Oriental rug abroad. About 250 families work in Srinagar's Indo-Kashmir Carpet Factory, a cooperative in business since the 1940s. Some boys as young as six work nimbly at the wool looms after a half-day at school. Weavers earn $12 per square foot, averaging one-half inch every eight hours of work. The typical four-by-six-foot rug takes four to five months to complete. In 1987 the price was $1,200 to $1,300.

G. Q. Butt has been a rug weaver and seller for 54 years. His family has dealt in carpets for 400 years. Calling Kashmiri rugs "real pieces of art today and antiques of tomorrow," he recently guaranteed one for 100 years.

The Moguls, given to poetic phrases, described Kashmir in lofty terms. A Persian poet wrote of Kashmir, "If there is paradise on earth, it is this, it is this, it is this." Countless travelers have found the spell of Kashmir irresistible and echoed similar praises.

—Carolyn Hughes Crowley



Paradise, unfortunately, has winter. Kashmiris keep these charcoal pots hidden under their cloaks during the lengthy snow season.

Karakoram Highway

The newest, oldest road in the world, traveled by Marco Polo yet shrouded in mystery, closed because of tense politics as well as the formidable Himalayan and Karakoram mountains, is now open. The Kara-

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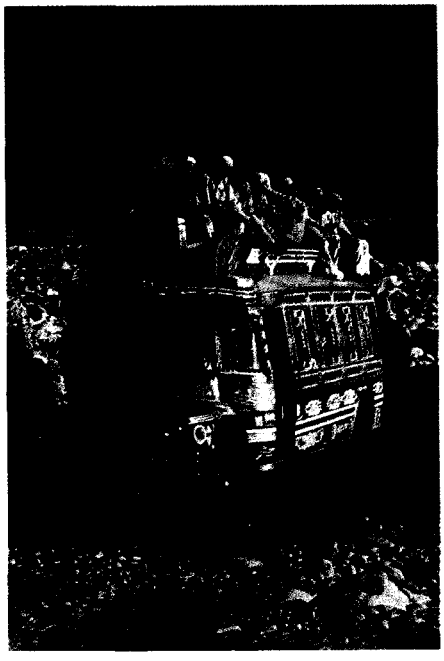
koram Highway, 1,000 panoramic kilometers of isolated cultures and striking topography, penetrates China from the west, via the ancient Silk Road, to the trading oasis of Kashi.

Most Westerners traveling by public bus or hired jeep begin in Pakistan's neighbor cities of Rawalpindi and Islamabad. Older Rawalpindi, darkened by rubber factories, is crowded with bicycles, rickshaws, precariously leaning buses, horse carriages, and livestock; adjacent Islamabad's modern government buildings blare popular Asian music. The few women in the streets are heavily veiled.

Outside the city in a dry, brown landscape, the highway passes the edicts of Asoka, inscribed on a monument in Pali, the ancient local language. The long-ago emperor's message urges restraint from killing animals and adds humans only as an afterthought. In the fertile Indus Val-



A technicolor contrast to the landscape, festive Pakistani motifs are replaced at the Chinese border by totalitarian gray.

ley, women shed their veils to work the fields of mustard, lettuce, lentils, turnips, potatoes, and radishes. Higher in the Himalayan foothills, Pakistanis vacation to escape the heat of the plains. Because of the scarcity of hotels, residents rent their roofs as accommodations to travelers.

Most travelers stop at the bazaar in Chilas, at least for a meal at a tea stall built around an open cooking fire.

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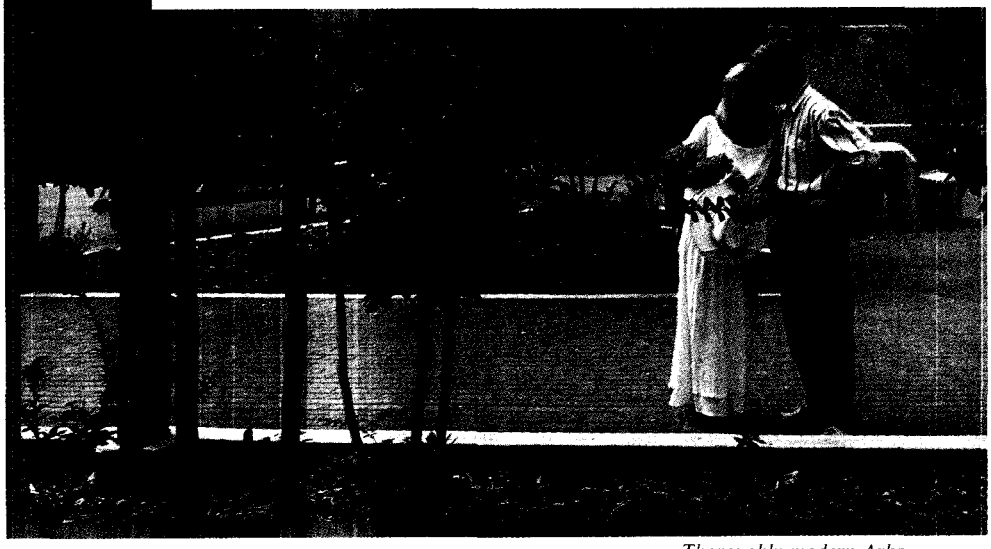

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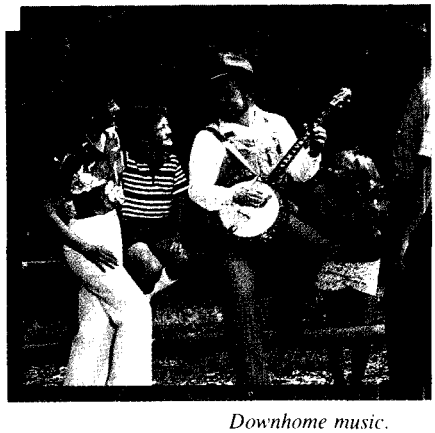

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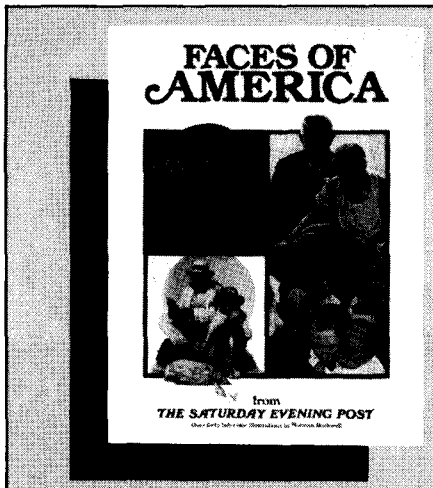

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Newly butchered sheep, still dripping, hang from the roof. Customers eat shish kebab, mutton curry drowned in oil, and pita bread handed to them by a cook squatting on the ground. Tea is heated in an ancient samovar fueled by old car batteries. Your metal cup might be so rusted through that the hot tea will drip on your hand. Not to worry. The cook will take it back, patch it with dough and spit, and return it to you with a smile. Just outside, a local or even your driver might be answering the call of nature next to the wall of the teahouse. Better to turn your gaze to the distance, where 26,660-foot Nanga Parbat ("Naked Mountain") looms like a white wall with a spiky crown.

Past Chilas to Gilgit, the road rises steeply through green rice terraces; then it narrows and serpentines at the cliff's edge, with no guardrail. Cautionary signs urge, "Hurry makes a bad curry."

Gilgit is the caravan crossroads of the ancient Silk Road, and even now, people with curly hair but high Mongolian cheeks and slanting eyes speak three or four languages and wear a mixture of clothing styles. By Central Asian standards, Gilgit is cosmopolitan, having cinema halls, bookstores, travel agencies, and an international bank. English is spoken at several hotels. Morning and evening, Muslim prayers are called out in haunting solo; in between, the parade of drums heralds the polo games.

In Gilgit, five-day treks can be arranged to Nanga Parbat, the westernmost mountain in the Himalayan range. The hiking area is known for butterflies—a touch of miracle in this harsh land. Each day the terrain changes, from desert to alpine to glacial. Along the way, young women, prematurely aged with deeply grooved faces, farm rice terraces or herd goats in Fairy Meadow while their husbands sit under trees and smoke chillem in water pipes.

Fairy Meadow is an emerald jewel ringed by snowy mountains. At this elevation it is cold at night, yet young shepherds with chapped cheeks and hands wear only shirts and walk barefoot. A curious mother might peer out of a house, little more than an empty shelter with only a few straw mats and pieces of pottery—but the baby in her arms, wrapped in rags, wears silver bangles. As is customary in Central Asia, she may invite you in for tea.

Past Gilgit, the highway edges around glaciers to Hunza, land of the centenarians and source for James Hilton's "Shangri-La" of *Lost Horizon* fame, completely cut off from the rest of the world until the 1880s. Scholars speculate about the purity of its rarefied air, the vegetarian diet of the residents, their vigorous life at high altitude, and the mineral deposits; but the reasons for longevity are inconclusive. The orchards along the Hunza River smell of apricots, and a gentle peacefulness blankets the valley.

Then follows a bumpy, barren 12-hour ride from Hunza to Khunjerab Pass, at 16,000-plus feet, where passengers must leave Pakistani buses—wildly decorated with scenes of the Hindu Kush, the Khyber Pass, and Pakistani leaders—for Chinese ones. Pakistani bundles have

At Khunjerab Pass, three miles above sea level, the Pakistani and Chinese portions of the Karakoram Highway meet.

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been loaded on roofs, and because of overcrowding inside, people hang on the outside ladders to the roofs. Chinese buses are plain, clean, orderly—one person to a seat, thank you, and no one permitted to stand in the aisle.

Decorated with lions' heads, bridges on the Chinese side are stone instead of steel, the product of vast labor resources rather than high-tech engineering. Parts of the road are unpaved and graded by camels pulling crude wooden contraptions. In dried riverbeds far from any village, Chinese Muslims bow in prayer and solitude. It is a cold landscape with not a blade of grass growing.

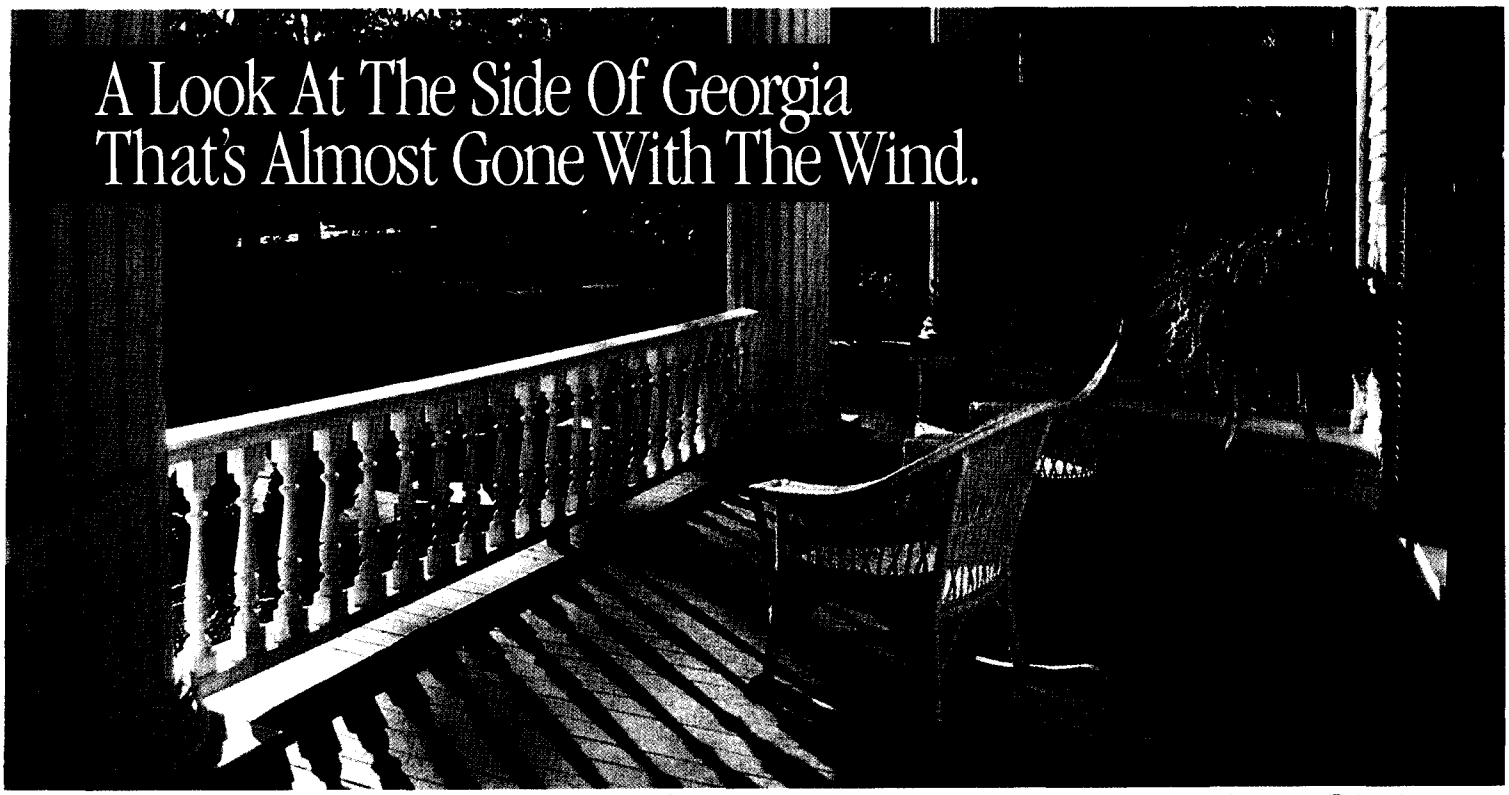
Taxkorgan, the 2,000-year-old stone city of the Tajiks, is thinly populated now, and the Chinese government offers incentives to live there. In the November wedding season you might encounter buz kashi, a wild horseback game played with a dead goat or sheep stuffed with sand. Horsemen grab the goat from one another, shout fierce threats, whip their steeds and other players, and call it play.

The proud people on the roof of the world have withstood Turk, Persian, Mogul, Briton, Russian, and Chinese.

Mount Muztagata and Kongur Shan, both well over 24,000 feet, comprise the Pamir Knot, a hub of several mountain ranges: the Karakoram; the Hindu Kush; the Kunlun; the Tien Shan, or Celestial Peaks; the Pamirs; and the Himalayas. If ever there was a rim of the world, it is here. A reflection of Muztagata in a lake is clear beyond belief, and thousands of horses, camels, yaks, and sheep graze in pastoral peace. The road sinks through the Gez Defile, where the world's largest sand dunes are sometimes covered with snow.

On the west edge of the mighty and forbidding Taklamakan, a desert whose name means "you go in and you don't come out," Kashi is an ancient trading oasis, once the watering hole where caravans stopped to repair gear and fatten camels before proceeding to Russia or India. Today Kirghiz, Uzbek, Tajik, and Uigur merchants sell herbal medicines, fur hats, carpets, and melons. Aromas of roasting shish kebab and baking bread compete with burning camel dung. Tiny mosques dot every street.

continued on page 76



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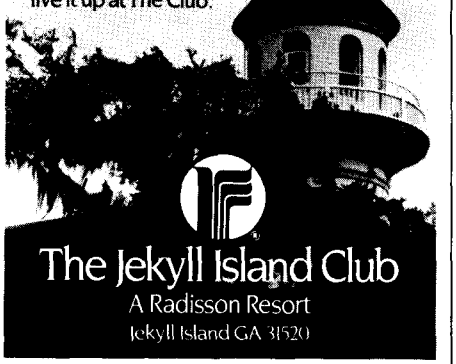

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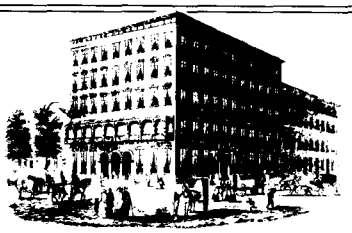

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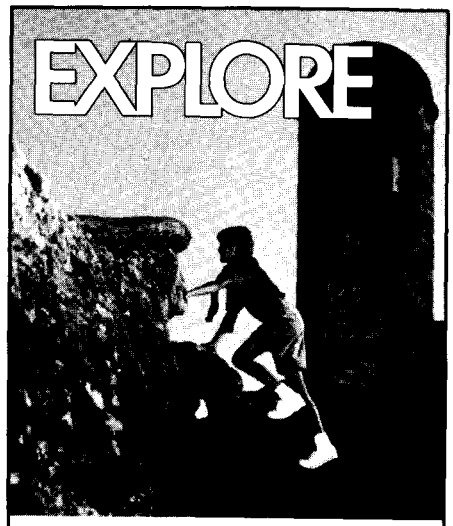

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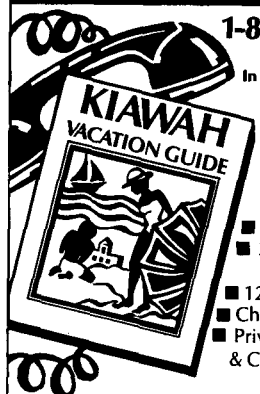

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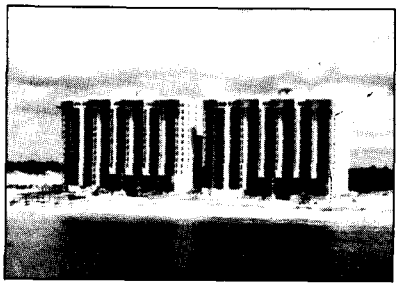

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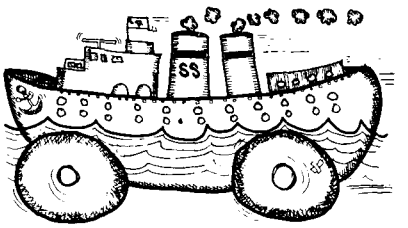

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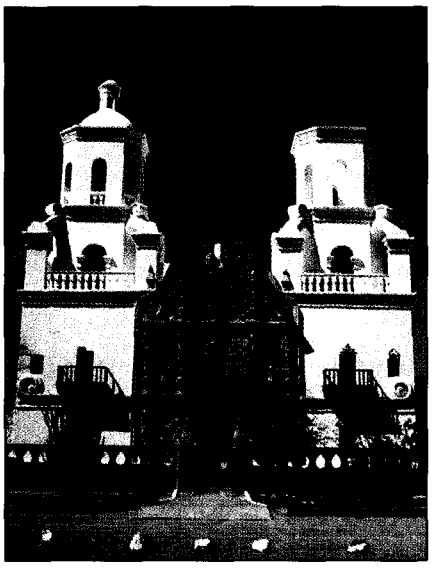

TUCSON: ALL-SEASON TRAINING GROUND

Both spectators and physical-fitness buffs can have their day in the sun at this Southwest resort.

by Kirsten Mickelwait

There's a good reason the Cleveland Indians have migrated to Tucson each spring for the past 41 years: the "Cactus League" training ground receives more sun than any other U.S. city—360 days a year. Now, as elegant new full-service resorts crop up like tumbleweeds in the local foothills, you don't have to be a die-hard "Wahoo" fan to enjoy this area's breathtaking desert environment. Following the opening of Tucson's third major "destination resort," its bases are loaded with a full lineup of activities for every level of sports fan—from major-leaguer to couch potato. Among its more than 13,000 hotel rooms are the following big names, as well as a lengthy roster of smaller hostelries. Although none includes an actual baseball diamond, each of those listed below is situated at the base of the 9,000-foot Santa Catalina mountains, providing the most dramatic of outfields for whatever personal spring training you have in mind.

• The latest to appear on the scene is the *Westin La Paloma*. A rosy-hued village on 880 acres of rambling desert landscape, this place seems to spell "time-out." Fitness fanatics might want to put in some time on the Jack Nicklaus-designed, 27-hole golf course or one of ten lighted tennis courts. For the aquatic-minded, there's a free-form swimming pool with water slide and swim-up bar, plus three therapy pools. But for those armchair athletes who like to ease into their training, it's the "Personal Services Center," with massages, facials, body wraps, and beauty treatments. After such an intense "seventh-inning stretch," the body will need serious nourishment. Nine different restaurants and lounges serve every possible culinary whim, and the Cactus Club is Tucson's most popular disco.

• When it comes to understated elegance, many consider Tucson's MVP to be *Loews Ventana Canyon Resort*, with its natural water course and 80-foot waterfall. In addition to the usual range of health-oriented options, the Ventana's 93 acres include 2.5 miles of fitness trails. Those still on the bench (or pool chair) might be more interested to learn that even a standard room here has two telephones and an enormous, spa-size tub. High tea at 3:00 p.m.!

• The first major complex to discover this area five years ago, the *Sheraton Tucson El Conquistador* just completed a grand-slam, $4 million remodeling program to even the score with its new competition. It sprawls on 150 acres in Oro Valley to the north, augmenting the regular golf-tennis-jacuzzi tripleheader with four racquetball courts and a stable of 40 horses. Back in the dugout, four restaurants serve everything from Continental/Southwest cuisine to two-fisted steaks, and live entertainment is featured nightly.

• If your idea of the national pastime is to be massaged, manicured, pummeled, and pampered, then *Tucson National Resort and Spa* hits a homer. Formerly a private golf and country club and for 15 years the site of the Tucson Open golf tournament, Tucson National became a full-service property in 1986. It provides a more intimate and private experience than the resorts mentioned above and attracts such privacy-enthusiasts as Elizabeth Taylor, George Hamilton, Billy Joel, and Christie Brinkley. But it's the spa here that is the resort's cleanup hitter. Russian steam baths, saunas, inhalation rooms, Orthion weightlifting equipment, and a full beauty salon are just a few of the amenities offered.

• After such a vigorous workout, you may be wondering what else Tucson has to offer. History, for one thing. Still nicknamed the Old Pueblo, Tucson has lived under four national flags in all. The Indians (natives, not from Cleveland) have been calling this area home for 25,000 years, the longest continuous human habitation in North America. The Spaniards arrived in the late 1600s and claimed the area as their own until Mexico declared its independence in 1821. In 1853, the Gadsden Purchase passed the region from Mexican to American hands. Then, during the Civil War, Tucson served as

Tucson's spanking-new exterior is punctuated by reminders of previous cultures and civilizations.

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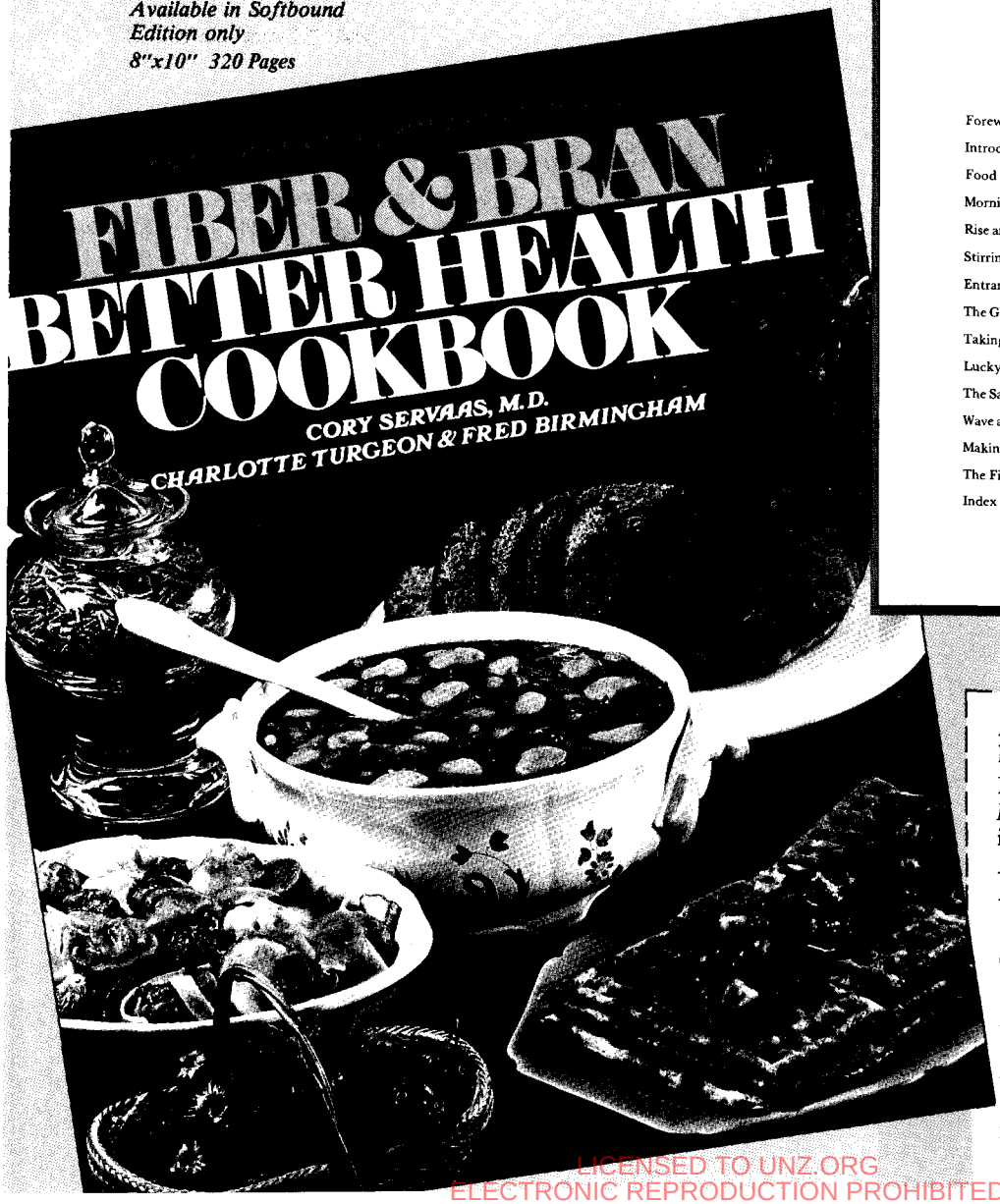

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Karakoram Highway

continued from page 69

The plaintive call of Muslim prayer and the blacksmith's hammer echo down dusty rows of smoky stalls, just as they have for centuries.

From Kashi, Westerners can connect to other points in opening China. The traveler will leave behind a memorable example of man's tenacity in the face of adversity.

—Susan Vreeland with Nazima Kowall

Tucson

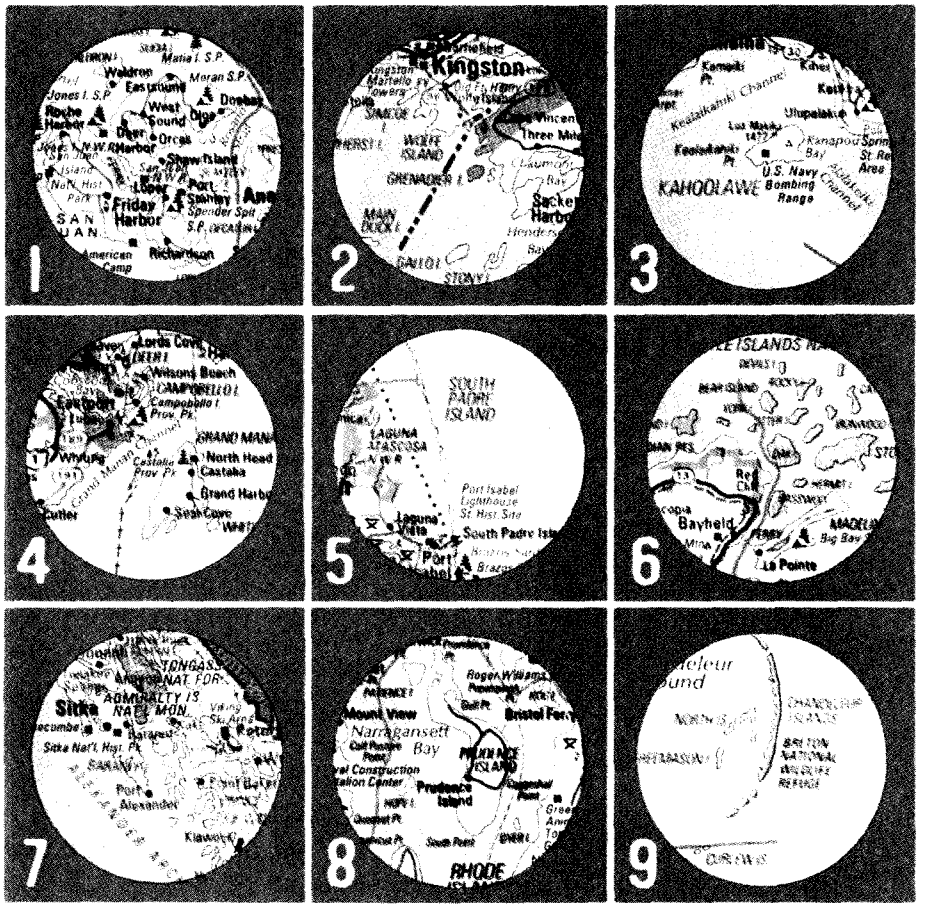
continued from page 74

an outpost for Confederate troops. When Arizona entered statehood in 1912 it had a total population of 205,000. Today, Tucson alone boasts a metropolitan populace of 650,000, with 2,000 new residents each month.

Local places of interest generally celebrate the city's two greatest assets: her history and her natural habitat. Herewith, a sampling:

El Presidio is Tucson's easily walkable historic district, including the colorful Pima County Courthouse, Old Town Artisans complex, Tucson Museum of Art, and a variety of authentic adobe houses. Nine miles south of town is the 200-year-old *San Xavier del Bac Mission*, known as the "White Dove of the Desert" and not to be missed. Fifteen miles to the west is the *Saguaro National Monument*, an oxymoronic "cactus forest." It's a nine-mile scenic drive through Sonoran Desert vegetation with saguaro cactus sprawling as far as the horizon. Nearby, *Old Tucson* has been used as the location for nearly 200 Western movies and TV shows—among them, *Stagecoach,* "Little House on the Prairie," "High Chaparral," and *Three Amigos.* In the same area lies the *Arizona-Sonora Desert Museum*, rated by the *New York Times* as one of the ten best museums in the country. This living exhibit features more than 200 species of indigenous animals and 400 varieties of plants, along with an earth-sciences center; a mountain-habitats exhibit; a tortoise enclosure; a desert garden; a walk-in aviary; and more snakes, spiders, and creepy-crawlers than you thought possible. It's Tucson's most popular attraction.

For more touring ideas and a detailed downtown walking tour, contact the Metropolitan Tucson Convention and Visitors Bureau at 450 W. Paseo Redondo. If not already convinced, you'll undoubtedly soon be voting Tucson MVP of the Cactus League. ✖



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Where do you think you are?

East or West, North or South, each of the distinctive areas above appears on the map of a single city, state, or province. In terms of routes, state parks, mountains, and memorials, there is, as the saying goes, "no place like it." Can you identify these locations? If you or a friend finds the game too easy (but you won't), try to guess the theme of this month's map game.

(Answers on page 112)

Golfing

continued from page 49

his condition, offered to take over the driving. But he was having trouble enough just getting in and out of the cart, as I pointed out. "And I've noticed that your backswing has been restricted to no more than shoulder height," I said. "Driving the cart would only add to the problem."

When he parred number four, however, I might have been in trouble—except for another stroke of luck.

Stan, who sweats like a horse with the colic, never shows up without his thermos of Gator Ade. And I had neglected to mention that my home course was devoid of restrooms. But not until his drive had sliced deep into Money Gulch did I notice that Stan had teed off with his legs crossed.

Although he made it through the par-3 fifth hole without incident, I can't say as much for the sixth after we bounced down the hill at full throttle. "To get you back to the pro-shop facilities as quickly as possible," I explained, hoping that Stan could hear me above the chatter of his teeth. For my thoughtfulness I was rewarded by seeing Stan's second shot develop into a worm burner of no more than 20 yards. I took the hole by three strokes.

For all my efforts, however, had it

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not been for the good old creek threatening our approach to number nine, I still might have lost the match. Not that Stan's ball got wet. In fact, it went well over the creek, while mine required a second shot. Where I turned the advantage to my side was in driving the cart back some 50 yards from the narrow, guardrail-less bridge spanning the stream.

"Where the heck you going?" was Stan's appropriate question.

"I'm hoping to gain enough momentum," I explained, drawing a bead on that naked wooden structure, "so that if I miss the bridge the cart will carry the creek."

Even with that sharp ridge in the center of the bridge, as I argued with Stan, I think he would have been all right if he had only stayed in the cart instead of trying to jump. As it was, the cart's resumption to four wheels found him draped untidily over the front panel, a four-tooth upper partial lying grotesquely on his lower lip and his glasses swinging from one ear. Stan had also come out of his shoes.

Not only did he forfeit the ninth hole and concede the match, he wouldn't even let me drive him to his car.

That's the one trouble with my golf-cart approach to triumphs in this great game of golf. You'll have to find a new opponent for each match. And new opponents won't be easy to come by. Stan has been telling his golfing buddies that he wouldn't play another round with me even on the Utah salt flats with pull carts.

That's O.K. by me. If there's anyone I can't stand it's a sore loser.

Fastest Comic

continued from page 34

key to Leno's success—he understands both his audience and himself. He admits, "I genuinely *like* being a comedian. People frequently say to me, 'O.K., you're a stand-up comedian now, but what do you *really* want to do?' I have no desire to sing, nor to play King Lear, nor to star in my own sitcom."

He does, however, openly display a passion for something besides his family and his work—his thirst for antique cars and motorcycles. He still owns that '55 Roadmaster, affectionately known as "Mr. Buick." "It seats seven—for dinner," Leno

continued on page 81

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A BETTER WAY TO DIET

Delicious grain dishes can help you lose weight yet eat to your heart's content.

by Jacquelyn Nyenhuis

If man could live by bread alone, he'd be better off and probably slimmer. Contrary to conventional dieting lore, grains and other complex-carbohydrates are part of nature's recipe for losing weight. Most nutritionists now recommend that rather than shedding bread, rice, and pasta at a diet's outset, dieters should increase their consumption of carbohydrates and reduce their dependence on meats and other fatty foods.

Gram for gram, carbohydrates have only half the calories of fat. In addition, the fiber in many grain dishes gives a feeling of fullness that further inhibits calorie consumption.

The hitch is that you can't lose weight simply by filling up on bread and potatoes. Energy output must exceed energy input—and that requires exercise. Exercise burns up excess calories that would otherwise turn to fat. Even more important, it builds lean muscle tissue, whose cells burn more calories for simple maintenance than fat cells do. In the long run, people who exercise and increase their percentage of muscle tissue burn more calories even sitting still.

Glycogen, our main source of body energy, comes primarily from carbohydrates. Carbohydrates may also help produce serotonin, a neurotransmitter whose calming effect plays a role in sleep. When dieters who avoid carbohydrates feel on edge, a reduced level of serotonin may be partly responsible.

If you contemplate losing weight, don't leap into the first attractive quickie program that comes along. Instead, step comfortably into a lifetime plan of physical activity and increased carbohydrates, especially grains. A good weight-loss program need not be strict either in the kinds of food consumed or in exercises performed. The following recipes show how good a high-grain diet can be. For quickness and convenience, they can be made in the microwave, except for Apple Honey Griddle Cakes, which should be prepared in a pan or a griddle.

Apple Honey Griddle Cakes
(Makes 24 cakes)

3 large eggs
2 cups skim milk
¼ cup cooking oil
¼ cup honey
2½ cups whole-wheat flour
5 teaspoons baking powder
1 teaspoon cinnamon
1 teaspoon nutmeg
¼ teaspoon salt
1 cup unsweetened applesauce

Beat eggs until well combined. Beat in milk, oil, and honey. Blend in flour, baking powder, cinnamon, nutmeg, and salt. Heat griddle and lightly grease. Pour batter onto hot griddle and cook until browned. Flip cakes and cook underside until golden brown. Spread each pancake with applesauce and roll up with sauce in center. Serve warm.

Shrimp and Cracked Wheat Salad
(Makes 4 servings)

1 cup cracked wheat
½ cup chicken stock
3 tablespoons vinegar
1 teaspoon Dijon mustard
¾ teaspoon salt, if desired
1 clove garlic, minced
¼ teaspoon pepper
½ pound cleaned, peeled shrimp
1½ cups broccoli pieces
⅓ cup sliced red radishes
¼ cup green onion

Combine cracked wheat, chicken stock, vinegar, mustard, salt, garlic, and pepper in 2-quart casserole. Microwave at High (100%) 5-7 minutes or until most of stock is absorbed. Add shrimp and broccoli. Microwave at High 5-6 minutes or until shrimp are opaque. Stir in radishes and green onion.

Wild Rice and Woodland Mushrooms
(Makes 6 servings)

1 cup wild rice
½ cup brown rice
3½ cups water
1 ounce dried mushrooms or tree ears
3 shallots, thinly sliced
3 green onions, sliced
½ pound sliced, fresh mushrooms
2 tablespoons margarine
¾ teaspoon salt, if desired

continued on page 96

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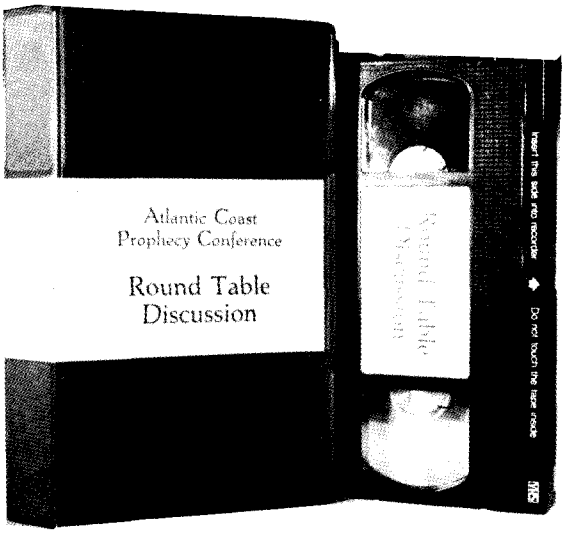

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Taking the Pressure Off

continued from page 36

as lovebirds can result in such stress that the birds just pine away; the treatment is a heavy dose of human companionship. Stress, especially boredom, can cause feather picking in birds. The therapy includes a cage large enough for activity, toys, and attention. A change of environment and new animals or people in the household can cause a cat to lick and chew at its hair until parts of its body are bald; this disorder is seen most commonly in high-strung and emotional cat breeds. In some cases, resolving the cause solves the problem, but often the cat must be placed on "anti-anxiety" drugs, such as tranquilizers. Disrupting the cat's comfortable routine can cause other inappropriate behavior, such as urinating outside the litter box. Chronic tail biting, flank sucking, and foot licking in dogs are psychogenic.

Robert Leeds, the owner of a pet motel, says, "Stress was responsible for more illnesses and deaths among boarded pets than any other single factor. With young animals, it led to enteritis [intestinal upsets] and dehydration. With older animals, it contributed to kidney failure." Leeds suggests that pet owners run a reconnaissance before leaving pets. He also says that little special treats help relieve stress in both owners and pets. Leaving a familiar toy or blanket or a piece of an absent owner's clothing with the pet is appropriate.

We must actively work to control the effects of harmful stress on the lives of those around us, including our pets. Pets need play, exercise, proper care, attention, and love. Love begets love and fear begets fear.

Questions for the Vet

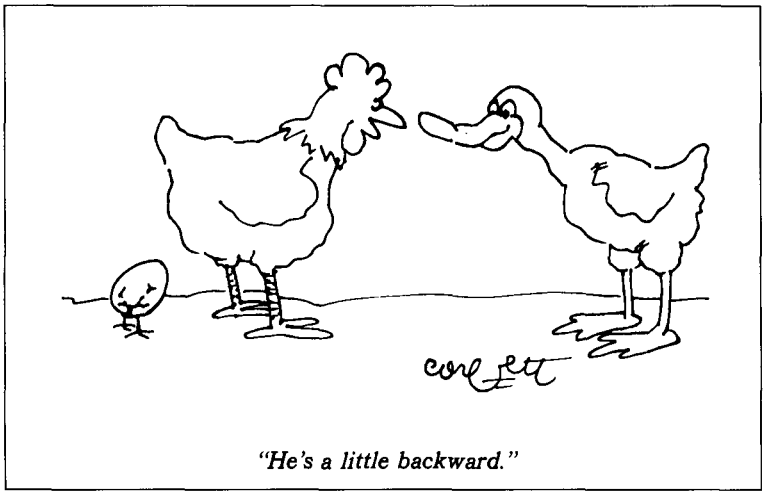
Dear Dr. Whiteley,

My cat Tigger is a spayed four-year-old Siamese. She has developed some unusual symptoms over the last year. Tigger has attacks which happen more frequently and seem to coincide with weather changes. All of a sudden, Tigger looks at her rear end and the skin over her back seems to ripple. She acts like something is biting or stinging her. Then she runs through the house and hides for the rest of the day. I have asked my vet, but he doesn't seem to know what it is. Do you have any suggestions?

Louis Adams
Monroe, Louisiana

Dear Louis,

The clinical signs you describe for Tigger suggest a little-understood syndrome in cats called "Rolling Skin Disease," seen most frequently in Siamese or Siamese crosses. Its signs include rippling of the skin on the back; biting or licking at the tail; hallucinations; glassy eyes with dilated pupils; meowing; swishing of the tail; running crazily around the house; and attacking objects. The signs may last a few seconds to a few minutes. Treatment with antiepileptic drugs is recommended and seems to bring relief to affected cats. Before starting therapy, the cat should be checked for physical abnormalities, such as external parasites or anal-sac impaction, that might cause similar clinical signs.



"He's a little backward."

Dear Dr. Whiteley,

My five-year-old poodle has problems with the small nails on the inside of her feet. They grow around and become imbedded, and I have to take her to the vet for treatment. Someone told me that poodles should have had these nails removed as puppies. Do you think that I should have it done now?

Pat Farmer
Santa Fe, New Mexico

Dear Pat,

You are referring to the dewclaws, which can easily be removed by a veterinarian when puppies are less than a week old. However, removal of dewclaws on an adult dog requires general anesthesia and is a more involved procedure. Unless dewclaw removal is necessary to show the dog, or the dog is constantly tearing the dewclaw on brush (such as sometimes happens in the case of hunting dogs with large rear dewclaws), I do not recommend removal on adult dogs. You can alleviate problems by regularly clipping your dog's nails, including dewclaws. Buy a nail clipper made for dogs. If your dog has light-colored toenails, you can see the beginning of the blood vessels and nerves by noting the pink color. Clip them just below the pink. If the animal has dark nails, clip small amounts of nail at a time. The clippings begin to appear lighter in color as you approach the quick, or nerve supply. If you get blood, apply pressure with a piece of cotton until the bleeding stops, or apply a small amount of a cauterizing agent, such as silver nitrate, to the bleeding nail.

Send your questions for the vet to: Vets on Pets, *The Saturday Evening Post*, 1100 Waterway Blvd., Indianapolis, IN 46202. Because of the volume of response, the editors regret we cannot reply personally to all letters.

Fastest Comic

continued from page 77

quips. During a rare day off he'll be seen at home tinkering with a misbehaving carburetor or changing a set of spark plugs. Among his collection are about a score of motorcycles, including a beefy Harley-Davidson Tour-Glide and other more exotic creations such as a Vincent Rapide, a '38 Brough Superior 100, and an '83 Ducati.

Sleek motorcycles, television appearances, and seeing his name on a theater marquee are all rewarding, certainly, but what Leno enjoys best is the give-and-take with a live audience. Consequently, he averages

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And 49 MORE Just As Beautiful!

MEDICAL MAILBOX

by Cory SerVaas M.D.

"It is better to light one candle than to curse the darkness."

Another Reason to Predonate Your Own Blood Before Surgery. . .

A first cousin to the AIDS virus is a cancer-causing virus called HTLV-1. A patient who was discovered to have this virus in his blood died recently, according to the Centers for Disease Control (CDC). This male from North Carolina died from adult T-cell leukemia/lymphoma (ATL).

In reporting the death, the CDC indicated that the antibodies against HTLV-1 were discovered and confirmed by the Western blot test. As in AIDS, this is a sexually transmitted virus also passed by blood transfusions and sharing of contaminated needles and from mother to child, the CDC said.

Last October I attended the national convention of the AABB (American Association of Blood Banks) in Orlando, Florida. The most important meeting that took place there concerned the need to begin screening blood donors for this relatively new virus that causes T-cell leukemia and has a latency period of as long as 20 years. The blood bankers, in a show of hands, overwhelmingly agreed that, knowing what we know, it would be unconscionable not to begin screening for this lentivirus at the blood banks.

A lentivirus is a slow-acting virus. This one, which causes leukemias and lymphomas, is most prevalent in southern Japan, Africa, the Caribbean, and the Southeastern United States.

The patient who died had served in the U.S. Army in South Vietnam and Korea, where the HTLV-1 virus is also prevalent.

"First, would you like something in a smoking or nonsmoking neighborhood?"

Serum specimens were obtained from 28 family members and sexual contacts of the patient. Five of these persons had antibodies against HTLV-1: a woman with whom the patient had had sexual contact and had shared needles, this woman's former husband, another former female sexual partner of the patient, the patient's sister, and the sister's daughter. Antibodies against HTLV-1 were detected in serum samples and confirmed by Western blot.

HTLV-1 was the first human retrovirus to be discovered. It was first isolated and reported in the United States in 1980 and in Japan in 1981. Infection with HTLV-1, like infection with other retroviruses, probably occurs for life and can be inferred when the antibody against HTLV-1 is detected in the serum.

The presence in this investigation of family members and sexual contacts who are seropositive for HTLV-1 is consistent with current knowledge concerning transmission of HTLV-1 infection, according to the CDC.

Because of the rarity of ATL in the United States and the potential for learning more about the transmission of HTLV-1 here, physicians who see adults with diffuse non-Hodgkin's lymphoma and at least two features consistent with ATL are encouraged to report these cases through their local and state health departments to the Retrovirus Diseases Branch, Division of Viral Diseases, Center for Infectious Diseases, CDC, Atlanta, Georgia.

Although little serologic data exist, prevalence of HTLV-1 infection is thought to be the highest among blacks living in the Southeast. A prevalence rate of 30 percent has been found among intravenous-drug abusers in New Jersey, and a rate of 49 percent has been found in a similar group in New Orleans. One doctor told us of a high incidence in California drug abusers.

Several lines of evidence suggest that HTLV-1 causes ATL. ATL is usually a highly aggressive non-Hodgkin's lymphoma—most patients die within one year of diagnosis.

But, fortunately, ATL is relatively uncommon among those infected with HTLV-1.

The overall incidence of ATL is estimated at about 1 per 1,500 adult HTLV-1 carriers per year. Those cases that have been reported have occurred mostly among persons from the Caribbean or blacks from the Southeast.

Predonate Blood Before Surgery

This new rare but fatal disease caused by a slow-acting virus is another reason to persevere in finding a physician and hospital that will help you *predonate your own blood* for surgery if at all possible. If this isn't possible, ask your doctor about the "buddy" system used by overseas travelers today. Savvy travelers have someone with their blood type who can be used for transfusions if an emergency occurs and blood is needed. This idea developed because so

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much of the blood in some foreign countries is contaminated. We believe it should be possible to set up "buddy" blood donors in emergencies in the United States too.

AIDS Antigens Show Up First

Researchers are working hard to develop a practical, inexpensive antigen screening test that will enable blood banks to catch new AIDS infections earlier after the inoculation than the antibody (ELISA) screening test now in use.

It is predicted that within a year, blood banks will be screening for the HTLV-1 cancer-causing virus mentioned above.

They are also trying to find a way to screen out sometimes lethal non-A non-B hepatitis. Far more people have died from non-A non-B hepatitis contracted from blood transfusions than ever have from AIDS-tainted transfusions. Yet there is no way to detect this hepatitis in blood.

More of our *Post* readers missed the AIDS survey question on hepatitis than any other question (*SatEvePost*, Oct.'87). According to our tally, 5,219 of you think there is a one percent incidence of hepatitis following blood transfusions, and only 2,645 believe there is 10 percent, which is the correct answer. One out of 10 persons receiving blood will suffer from some kind of hepatitis as a result. Most hemophiliacs who receive blood-clotting Factor VIII will suffer from hepatitis at some time.

The AIDS problem has focused attention on the safety of the blood supply in a most positive way. As a result, blood will become safer for everyone.

Potency After Prostate Surgery

Impotency, the biggest fear for men facing prostate surgery, is all but passé, thanks to a new technique now coming into widespread use by surgeons. The technique, developed by Dr. Patrick Walsh of Johns Hopkins University, avoids cutting the nerves that control erection. (See *SatEvePost*, Sept. '86.)

We want to spread the word that more than 500 men have successfully undergone this nerve-sparing surgery at the Johns Hopkins Hospital in Baltimore. Other major medical centers where this new surgical technique is performed include the Columbia-Presbyterian Medical Center and the Memorial Sloan-Kettering Cancer Center in New York, and the Brigham and Women's Hospital in Boston. Anything as important as maintaining potency will rapidly be adopted by surgeons throughout the country.

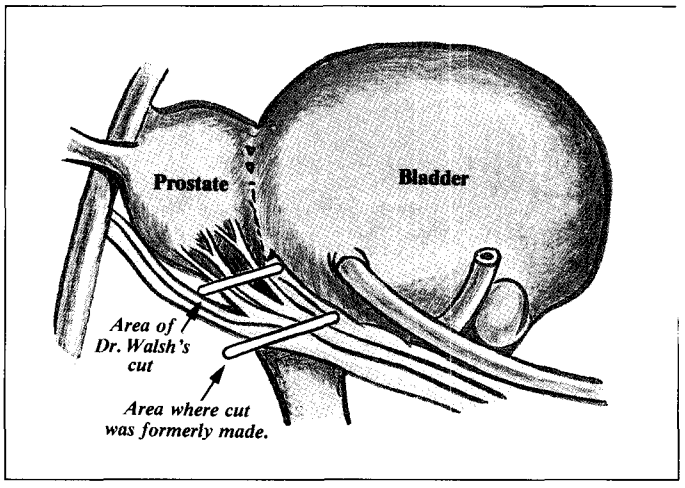
In coming up with this revolutionary advance, Dr. Walsh discovered that the microscopic nerves that control erections pass near the prostate in a bundle that includes blood vessels. In the past, removal of a cancerous prostate usually severed these nerves. Surgeons are now skillfully avoiding them.

As for the cancer, many surgeons argue for surgery over radiation, claiming that if the tumor is removed entirely, the cancer should not reappear, whereas treatment by radiation may leave some cancer cells still active. The radiation people, of course, reply that surgery itself is not beyond missing cancer cells.

Who is right? As many as 100 medical centers are currently being organized for a comparative survey.

A survey of 30,000 cases during the decade ended in 1984 found that twice as many men elected to have radiation as chose surgery, possibly due to fear of impotence.

In the past, removal of the prostate often caused permanent loss of bladder or bowel control. The new procedure makes it easier to reattach the urethra to the bladder once the prostate has been removed, and any incontinence is usually temporary.



A surgery technique developed by Dr. Patrick Walsh avoids cutting the nerves that control erection. With this improvement, men who lose their prostates to cancer surgery are more likely to maintain their potency as well as urinary and bladder control.

U.S. statistics show that 96,000 men are diagnosed with prostate cancer each year, and it ranks third in number of cancer deaths for men, after lung and colon cancer.

Large companies advise their executives to have a digital (gloved finger) rectal exam every six months. This noninvasive procedure is so important it seems a pity that more than half our U.S. males older than 50 fail to have it done regularly. Most prostate cancer is discovered *after it has spread.*

If you work in an office or factory, you might save the lives of your fellow workers by posting the following notice:

DEMAND IT!
IT'S YOUR RIGHT!
IT'S YOUR BEST INSURANCE!

To preserve your manhood and your life, after 40 have a digital (gloved finger) rectal exam every year.

If you are older than 50, have one every six months. The rectal examination is sensitive, accurate, and inexpensive; it is our most neglected but best weapon against prostate cancer.

Failure to examine the prostate gland is perhaps the greatest omission in physical examinations. In one study of physical checkups, this exam was neglected nearly half the time.

The digital rectal exam is your best assurance that you won't lose your potency or your life to prostate cancer—because if you catch your prostate cancer early, you're still O.K.

If you would like to receive full-size color posters with this information for putting up in your office or workplace, please write to The SatEvePost Society, 1100 Waterway Blvd., Indianapolis, Indiana 46202.

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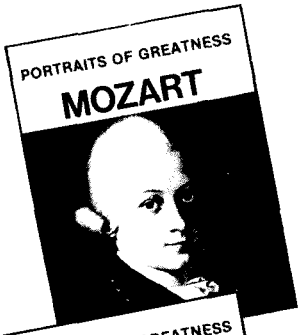

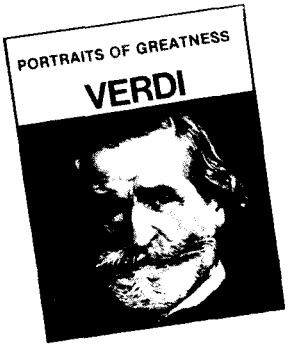

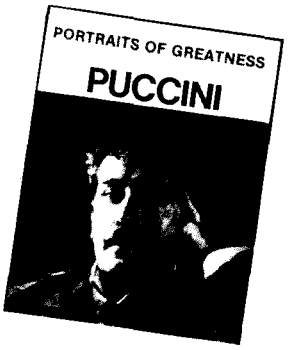

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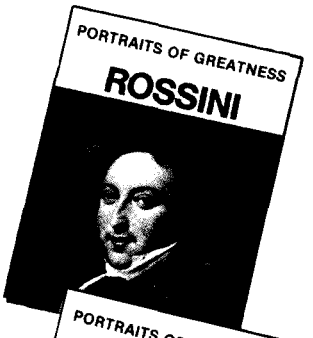

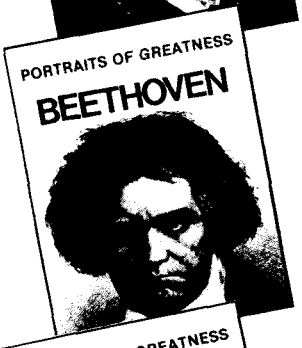

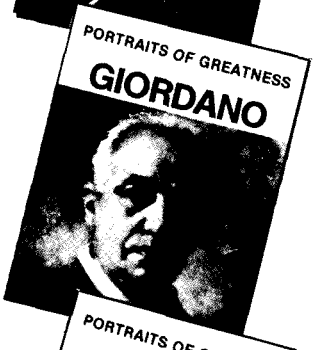

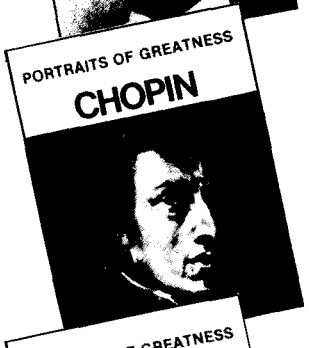

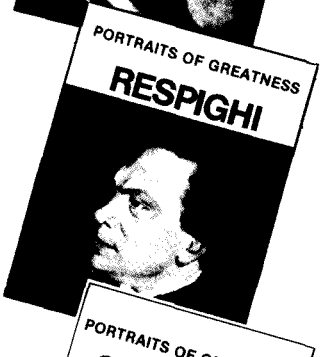

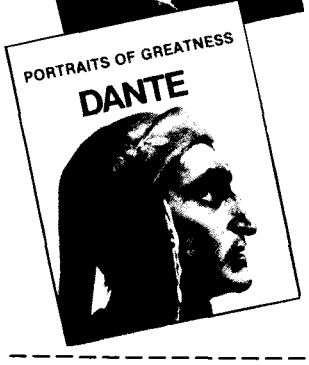

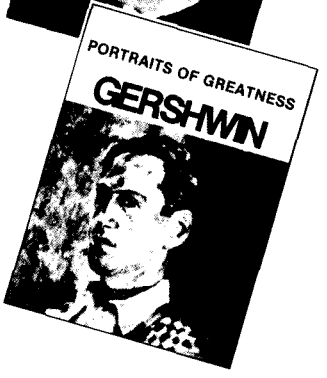

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Don't Forget Your Colon

While you are having your digital rectal exam, your doctor will also be doing a check for hidden blood in your stool. With a gloved finger he checks the prostate and simultaneously uses a stool specimen for the all-important check for colon cancer. See page 25 for a free Hemoccult test for stool tests between doctor appointments.

Those who receive our Hemoccult tests are always cautioned that this test alone is in no way assurance that a colon cancer isn't starting in a polyp in the colon. Not all cancerous polyps bleed, but they can all be seen by sigmoidoscopy and colonoscopy. That's why we want you to have those tests on a regular basis after 40.

All About EBV

Dear Dr. SerVaas:

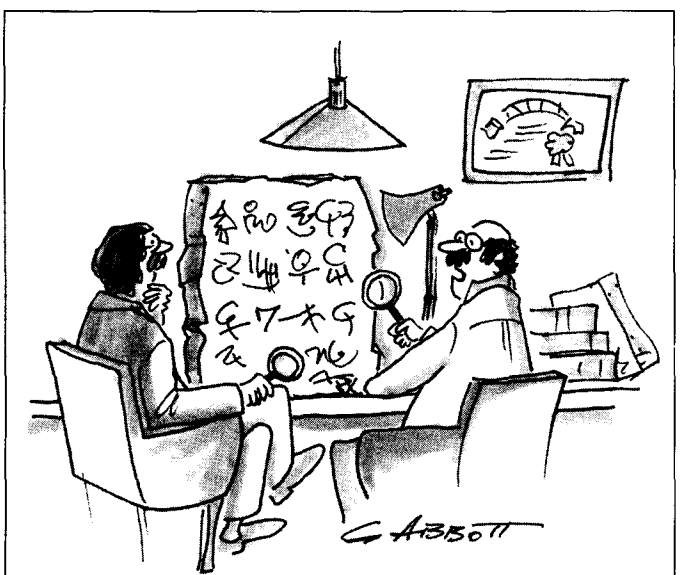
I recently learned that I may have EBV. A friend told me that your Society does research on it and other herpes-related diseases.

Could you please send me any information you have relating to the Epstein-Barr syndrome?

Susan J. McBee
Grand Junction, Colorado

The Epstein-Barr virus infections (EBV) have recently gained a great deal of media attention. The most familiar infection caused by this herpes virus is infectious mononucleosis, which causes the familiar symptoms of sore throat, fever, swollen lymph nodes, and fatigue. Surprisingly, 90 percent of Americans have blood-test evidence for having had an EBV infection at some indeterminable point.

Recently, outbreaks of prolonged fatigue, headaches, intermittent fevers, depression, body aches, and cognitive difficulties have created new interest in the Epstein-Barr virus. This clinical picture, when accompanied by a thorough evaluation and a distinctive laboratory profile, is thought to be a persistent EBV infection called chronic active EBV (CEBV) infection or chronic mononucleosis. Due to the prevalence of past EBV infections in the general population, there remains a great deal of controversy about the true incidence of CEBV infections and, indeed, some doubts about the actual cause of this syndrome. Some researchers have postulated that the EBV changes may be a reflection of another unknown virus that is the true cause of the difficulties seen with this disorder. Those researchers use the term chronic mononucleosis-like syndrome.



"No wonder we can't decipher this—it's a prescription."

Chronic EBV infections are not only difficult to diagnose but quite puzzling to treat as well. Patients are frustrated by daily fatigue, thinking difficulties, aches, and fever. The first step for a CEBV sufferer may be to find a physician who understands these symptoms. Some in the medical community do not believe that this syndrome exists and attribute the symptoms to stress, anxiety, or a psychological problem. However, even among physicians who recognize the condition, treatment resources are scarce. Many medication combinations have been tried, such as antiviral drugs, steroids, antidepressive agents, pain medication, and gamma globulin, to mention a few. To date, there has not been one recommended treatment regime.

We have found a low-arginine, high-lysine diet to be effective in treating the herpes-virus infection that causes fever blisters. Unfortunately, we have no evidence supporting its treatment of CEBV, although Dr. S. Bernard Vagner of Notre Dame uses lysine for treating mononucleosis patients. The diet, however, is safe; thus we are forwarding information to you on the composition of the diet and recommended lysine supplements. As with all therapies, consult your physician before instituting this change.

We are sending you a list of physicians who have used lysine supplements with decreased arginine to treat fever sores, mononucleosis (EBV), and shingles.

In addition, please contact your local medical society to find a CEBV expert in your area. Support groups have begun in many more populated locales.

Thyroid Cancer

Dear Dr. SerVaas:

I have a daughter who had her thyroid gland removed about five years ago due to thyroid cancer. She was married (no children), and ever since then she had the feeling she wouldn't get very old. She began to try to live to the fullest, always wanting to be doing something, going places, buying things, etc. She is on some thyroid medicine and she began to dislike her husband; now she's gotten a divorce. Her husband loves her yet, but we can't seem to reach her—she doesn't open up to us, but keeps everything to herself. What can you tell her about the future of someone who has had thyroid cancer? She has taken no chemo or any other follow-up like radiation, etc., only the surgery. Could the medicine do that to her? Her husband is a very fine man and we are on very good terms with him.

Mrs. Gerald Thomas
St. Cloud, Minnesota

Your daughter should be seen by an endocrinologist who is accustomed to regulating thyroid medication for those who've had thyroid surgery.

And if she could see an oncologist (cancer specialist) whom she trusts, she might be reassured about her life expectancy. Since you are near the Mayo Clinic and the University of Minnesota, either of these medical centers would have a first-rate endocrinologist and oncologist who could help your daughter.

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LISTEN

and we'll tell you how to lose 2 to 5 lbs. a week — Maybe you've discovered that most health and weight loss plans don't work — at least not for you — but one toll free call to *CAROL BOND HEALTH FOODS* and you can learn about one of the most effective, sensible plans in America. On the *CAROL BOND HEALTH PROGRAM* the average dieter loses 2 to 5 lbs. a week. That's a fact. With the *CAROL BOND HEALTH PROGRAM* most people feel a real difference within 48 hours. That too, is a fact. Here's your chance at last to feel good and lose weight. The *CAROL BOND HEALTH PROGRAM* works and the call is absolutely free.

Each day we receive testimonies from our customers how the products they have purchased from *CAROL BOND HEALTH FOODS* have helped them towards a healthier way of life —the following are shared with you as an encouragement.

...I purchased the Geri Hi, Dolomite and LPP tabs about 1½ weeks ago. You certainly have speedy service! In just a week's time I have lost 5 pounds. After the first few bites I'm full. The LPP's really amaze me. I don't eat in between meals anymore, I just don't get hungry, I don't get nervous and I feel great! They do everything you say they do. Thank you so very much.- ..*Sharon - Lanett Alabama*

...Thank you so much. The products are wonderful. No diet to follow, but you lose weight! That's what I like about it no special food to buy, nothing to mix. It's wonderful...*Polly - Grand Prairie, Texas*

...I have lost 12 pounds in 16 days and I'm feeling the best I've felt in several years...*Ronald - Plano, Texas*

...I have always had a difficult time losing weight, but with your program it has been very easy for me. Even considering the fact I am on hormones which always caused me to retain fluid. With Geri Hi, Dolomite and LPP I find the fluid retention is gone and I feel good. I have not even gone by a special diet so I am very pleased with this. My relatives are noticing that I am losing which has been 10 pounds in less than a month ...*Rhonda - Fort Worth, Texas*

...I have lost 20 pounds in about 3 months effortlessly, I did not diet or increase my exercise. I'd like to say it was hard work, but it wasn't. No more low blood sugar, no more headaches . I really like the products...*Kathy - Irving, Texas*

...I have lost a total of 38 pounds in 2½ months. I used to sell Herbalife and I found your products very effective. I eat sensible and treat myself to whatever I want once a week...*Vanessa - Omaha, Nebraska*

...The first thing I noticed when I started the Geri Hi, Dolomite and LPP is more energy. My nails are stronger and I have lost inches off my hips, waist, arms and thighs. Plus I am not retaining as much water during my cycle...*Tina - Elgin, Illinois*

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Receive this healthful bag full of 15 beans & lysine soup, flavoring, and recipes.

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Soup Up with Beans and Lysine

And this is good old Boston,
The home of the bean and the cod,
Where the Lowells talk to the Cabots,
And the Cabots talk only to God.
—John Collins Bossidy

Be that as it may, a second home for the bean is right here at the Saturday Evening Post Society. In fact, as Robert Smith Surtees wrote in his *Handley Cross,* your Society is "full o' beans and benevolence."

The beans—all 15 varieties—are stashed in 13¼-ounce bags. That's right, 15 varieties, everything from northern, pinto, and lima to navy, kidney, and lentil. For flavor, we have added a pouch of special seasoning. For good health, you'll find another pouch containing L-lysine to make up for the beans' shortfall in becoming a complete protein. For new and exciting dishes, the bag of beans is printed with recipes that will make your mouth water.

For the best news of all, the beans, the flavoring, the L-lysine, and the recipes can be in your kitchen soon. You need only send a contribution in any amount to help the Society in its research into the ills plaguing our people today.

You may already know of the Society's efforts to get at the roots of the most persistent life-threatening, if not just plain old painful, diseases. We're talking here of cancer, heart attacks, and emphysema; of gallstones, herpes, and premenstrual syndrome; of glaucoma, melanoma, arthritis, and hepatitis; of kidney stones, psoriasis, ectopic pregnancy, and galactosemia.

The Society's work in preventing disease is equally extensive. Our unique Mammobile discovers breast tumors no larger than a pinhead. Our efforts to "Snuff Out Snuff" are helping young people avoid oral cancers. We encourage smokers to be quitters, and we furnish phony cigarettes for their itchy fingers. We suggest foods to choose and foods to forget in assuring a healthful low-fat, high-fiber, high-complex carbohydrate diet for high-risk obese people.

Today, the Society is producing and distributing AIDS-prevention posters and prostate-cancer-prevention posters. Won't you help us save lives with prevention and early detection education?

The Saturday Evening Post Society

P.O. Box 567 • Indianapolis, Indiana 46206

Yes, I want to enjoy healthful 15-bean and lysine soup. I'm enclosing a donation to the medical research for:

☐ Cancer prevention ☐ Heart disease ☐ AIDS and its prevention

My donation $5 _____ $10 _____ $15 _____ other _____

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15 Beans and Lysine Soup with your contribution.

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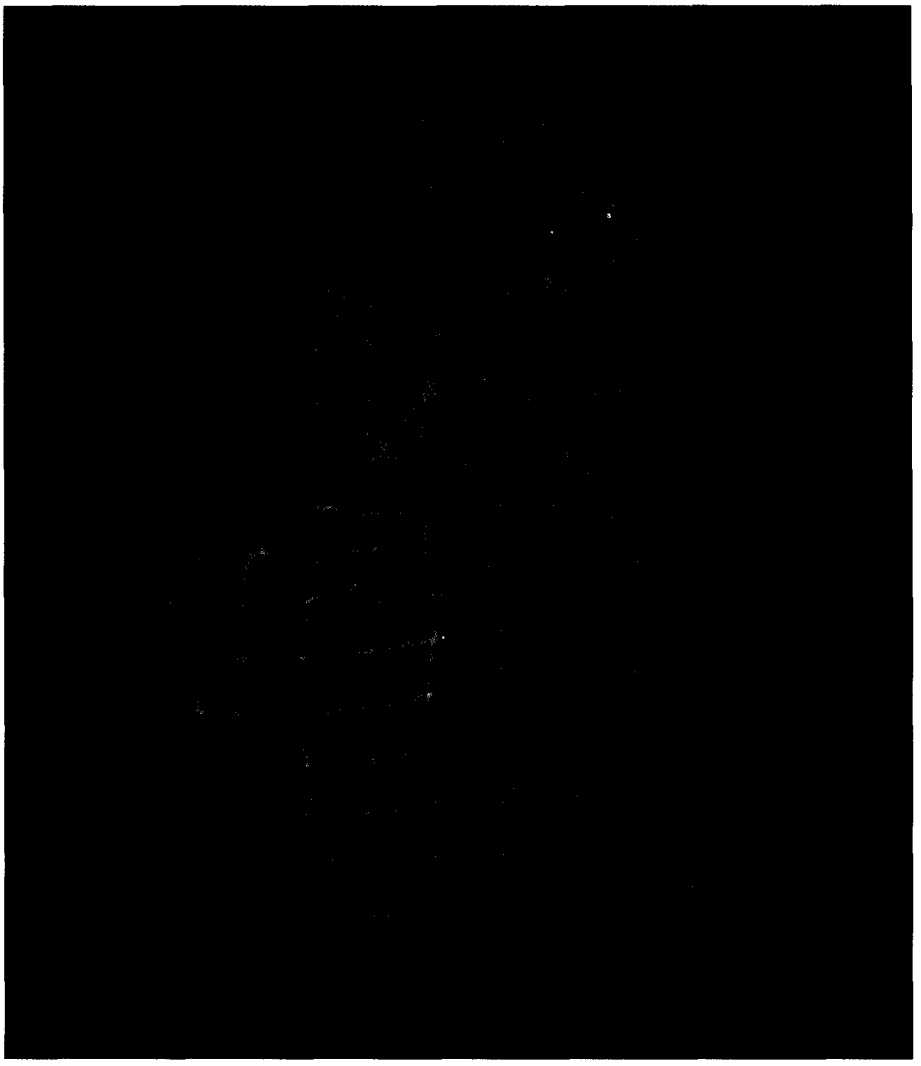
HEARTBEAT

The Healthy Heart Report

HELP YOUR HEART

An expert in exercise physiology explains how to lower your risk for cardiac arrest.

by Neil F. Gordon, Ph.D.



High-tech tools like computer graphics are part of the reason for our declining heart-disease death rate, which had skyrocketed in the early 20th century.

Coronary heart disease has been described as the greatest sustained epidemic confronting mankind. But surprisingly, it was a medical rarity not so long ago. Indeed, not until 1912 did the first detailed clinical description of a heart attack appear in the medical literature. From then to the early 1960s, death rates from coronary heart disease increased relentlessly.

In the 1960s, death rates from coronary heart disease started to fall off. During the past two decades, death rates from this killer disease have decreased by almost 40 percent in the United States. However, despite its recent precipitous decline, coronary heart disease remains the major health problem in this and most other Western countries. Currently, an estimated 6 million Americans carry a clinical diagnosis of coronary heart disease. Nationally, more than 1 million heart attacks cause a half a million deaths per year, making coronary heart disease the leading cause of death in the United States. Unfortunately, of these deaths from coronary heart disease, many are instantaneous. Moreover, although the medical profession has made great strides in treating the clinical consequences of coronary heart disease, such as angina and heart attack, the survivors of a heart attack often remain at least partly disabled.

So considerable emphasis is now being placed on coronary heart disease prevention—that is, the prevention of a first or recurrent heart attack.

Coronary Heart Disease Risk Factors

Coronary heart disease most commonly results from the buildup of fatty deposits in the walls of the arteries that supply the heart with blood and oxygen. The precise cause of these deposits is still not completely understood. However, a number of major scientific studies have clearly demonstrated that coronary heart disease does not occur randomly in a given population. In fact, the risk of developing coronary heart disease is largely dependent on the presence or absence of certain factors, the so-called "coronary heart disease risk factors." Although some of these risk factors cannot be changed—for example, age, sex, and parental history of coronary heart disease—others are profoundly influenced by lifestyle and health habits, and they can, therefore, be modified. Modifiable risk factors include elevated blood cholesterol levels; cigarette smoking; high blood pressure; sedentary lifestyle; obesity; and type-A behavior. Of the modifiable risk factors, elevated blood cholesterol levels have recently attracted considerable attention, and the National Heart, Lung and Blood Institute has launched a national cholesterol-education pro-

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gram to inform Americans about the need to lower blood-cholesterol levels.

Cholesterol Transport

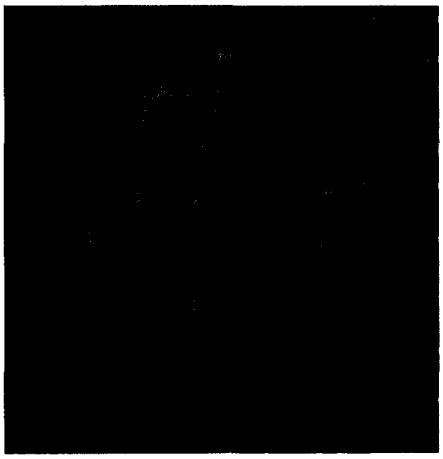
Cholesterol, a fatlike substance, is an essential constituent of all cells in the body. It plays an important role in several metabolic processes. Of all the cholesterol in the body, only about 7 percent circulates in the blood. This circulating cholesterol, however, determines the risk of developing coronary heart disease. Because cholesterol is not soluble in water, it is transported in the blood in combination with proteins. These cholesterol-protein packages, called lipoproteins, are classified according to their density. Low-density lipoproteins (LDLs) contain the greatest percentage of cholesterol. They are responsible for depositing cholesterol in the walls of the coronary arteries; LDL-cholesterol is, therefore, often called "bad cholesterol." In contrast, high-density lipoproteins (HDLs) help remove cholesterol from the body. HDL-cholesterol is often referred to as "good cholesterol." High levels of LDL-cholesterol increase any predisposition toward coronary heart disease, whereas high levels of HDL-cholesterol provide partial protection against coronary heart disease.

Benefits of Cholesterol Lowering

Although the precise cause of coronary heart disease is unknown, recent studies have demonstrated that we can still deal with this disease quite effectively simply by modifying risk factors. The Lipid Research Clinics Coronary Primary Prevention Trial, using dietary modifications and a cholesterol-lowering drug in middle-aged men, showed beyond doubt that coronary heart disease can be deterred by decreasing elevated blood-cholesterol levels. In this study researchers found that each 1 percent reduction in blood cholesterol produced a 2 percent reduction in the number of heart attacks. Thus, men who reduced their cholesterol levels by 25 percent cut their risk of suffering heart attacks by half. More recently, the Cholesterol-Lowering Atherosclerosis Study showed that cholesterol-lowering dietary and drug therapy may slow the progression of coronary heart disease and, in fact, even cause some regression of cholesterol buildup in arteries.

Cholesterol Screening

Because lowering elevated blood-cholesterol levels does reduce coronary heart disease, the government is campaigning for Americans to "know your cholesterol level, and if it is high, do something about it." One recommendation of the National Cholesterol Education Program is that blood cholesterol levels be measured in all adults age 20 years



and over. This measurement may be made in the "nonfasting" state. Levels below 200 mg/dl are classified as "desirable blood cholesterol," those 200 to 239 mg/dl as "borderline-high blood cholesterol," and those 240 mg/dl and above as "high blood cholesterol." Persons with desirable blood cholesterol levels should ensure that their levels do not rise and should have another cholesterol test within five years. Persons with cholesterol levels of 200 mg/dl or greater should have the value reconfirmed within one to eight weeks. Those with confirmed borderline-high blood cholesterol levels and no coronary heart disease or two other risk factors (being male is considered to be a risk factor) need no further evaluation. However, they should attempt to lower their cholesterol levels, using primarily dietary changes, and be reevaluated after one year. Persons with borderline-high blood cholesterol levels and increased risk because of definite coronary heart disease or two other risk factors, as well as those with high blood-cholesterol levels, should undergo lipoprotein analysis. In these individuals, LDL-cholesterol levels rather than total cholesterol levels should then be used for clinical decision making about cholesterol-lowering therapy.

General Dietary Recommendations

Blood-cholesterol levels are influenced by many factors, including age, sex, weight, stress, exercise, and diet. Of these, dietary modifications are most important for controlling cholesterol levels. To lower blood-cholesterol levels through dietary changes, it is often necessary to:

- Attain and maintain ideal body weight. To lose weight, you must take in fewer calories than you burn.
- Reduce the fat content of your diet and replace part of the saturated fat with unsaturated fat. Choose lean cuts of meat, poultry, and fish; trim fat off meats and remove skin from chicken before cooking; use skim milk or 1 percent milk instead of 2 percent or whole milk; eat cheeses with no more than two to six grams of fat per ounce (such as low-fat cottage or low-fat farmer cheeses); use tub margarines or liquid vegetable oils (such as safflower, corn, and olive oil) instead of butter, lard, shortenings, and foods containing palm and coconut oils; reduce your intake of processed and commercially prepared foods made with saturated fats or oils; and read labels carefully to determine both the amount and type of fat present in foods.
- Eat less high-cholesterol food. In particular, the use of organ meats (such as liver and kidney) and egg yolks should be moderated.
- Choose foods that are good sources of complex carbohydrates (starch and fiber) such as whole-grain breads and cereals, fresh fruits, fresh vegetables, pasta, rice, and dry beans and peas.

Generally, blood cholesterol levels should begin to fall two to three weeks after starting a cholesterol-lowering diet and, over time, may drop by 30-55 mg/dl. In certain instances, however, more specific dietary guidelines will be necessary for optimum cholesterol lowering, and assistance should then be obtained from a registered dietitian or qualified nutritionist, in conjunction with your physician.

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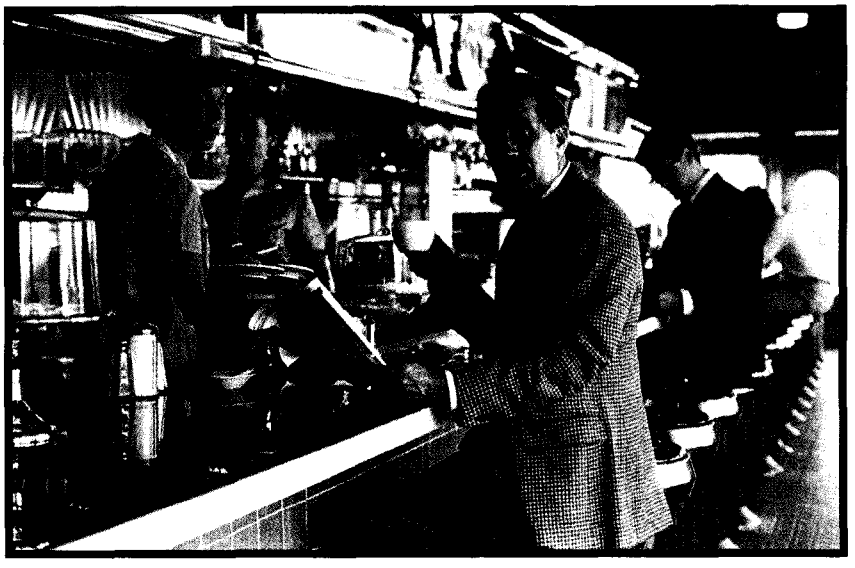
IF YOU'VE SPENT A LIFETIME RAISING YOUR CHOLESTEROL



HERE'S HOW YOU CAN HELP LOWER IT IN JUST SIX WEEKS.

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SINCE YOU WERE A CHILD, YOU'VE BEEN CLOGGING YOUR ARTERIES.

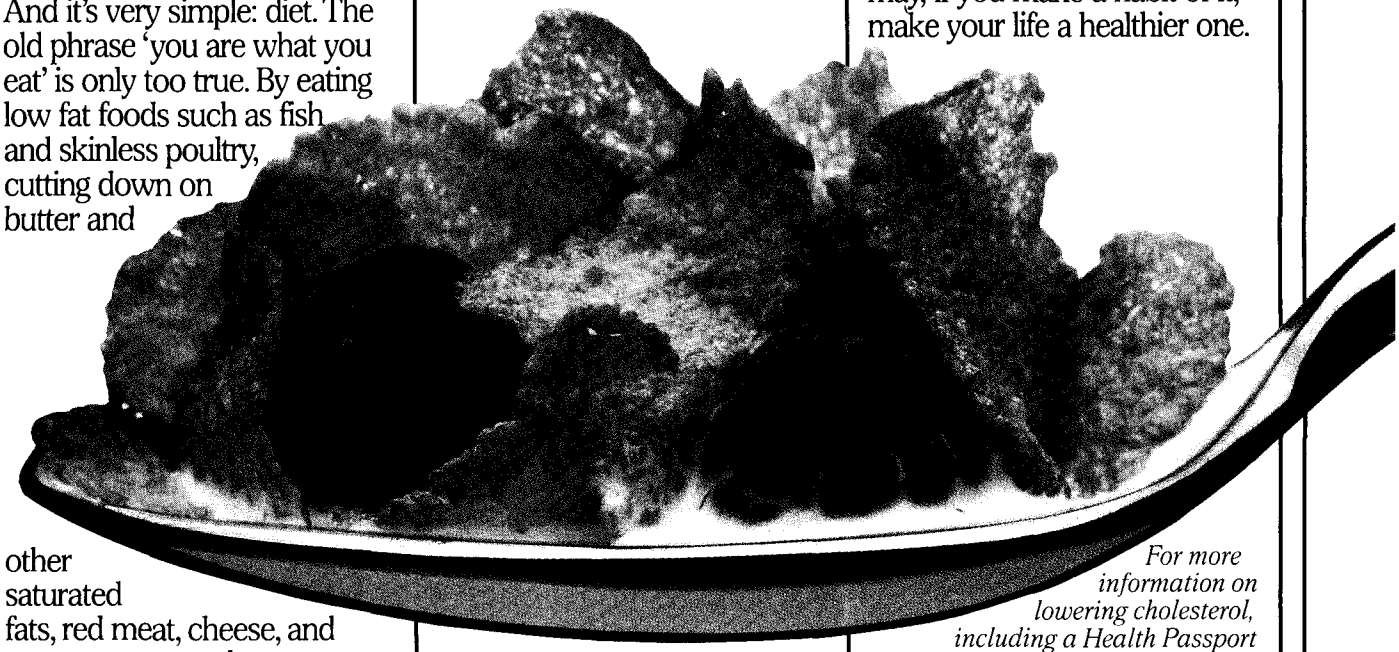
It's hard to believe, but since childhood, the fatty foods you've eaten have been leaving deposits in your blood vessels. And though it meant nothing to your health then, as you grow older, it means increased risk of heart disease and stroke.

IT'S NOT TOO LATE TO HALT THE PROCESS.

And it's very simple: diet. The old phrase 'you are what you eat' is only too true. By eating low fat foods such as fish and skinless poultry, cutting down on butter and other saturated fats, red meat, cheese, and eggs, you may reduce your serum cholesterol in as little time as six weeks. And if you can lower your cholesterol levels enough, you can actually *reduce* the fat deposits in your arteries. That's an encouraging fact.

A GREAT PLACE TO START IS BREAKFAST.

One of the most popular times to eat high fat and cholesterol foods is breakfast. Just think about it: bacon, eggs, donuts. If Americans would change just one thing in their diets: their breakfasts; the cholesterol problem in this country could be reduced. So what should you eat? Low cholesterol, low fat foods like cereal. Eat it with skim milk, top it with fruit, and you've got the type of breakfast that will start your day off right and may, if you make a habit of it, make your life a healthier one.



For more information on lowering cholesterol, including a Health Passport from the American Health Foundation, a special brochure on cholesterol, and coupons for Kellogg's cereals, write to:
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Factor VIII

continued from page 61

case of immune suppression in a hemophiliac in Canton, Ohio, and now he saw clearly what was ahead. GRID was an infectious disease caused by a virus that could be spread through the blood. The nation's blood supply was already contaminated with the virus. A meeting of blood-industry officials would be needed soon; emergency measures would be needed to save lives.

January 4, 1983, Centers for Disease Control, Atlanta

Don Francis pounded the table with his fist. The other officials from the CDC exchanged vaguely embarrassed glances. The blood bankers were becoming visibly angry.

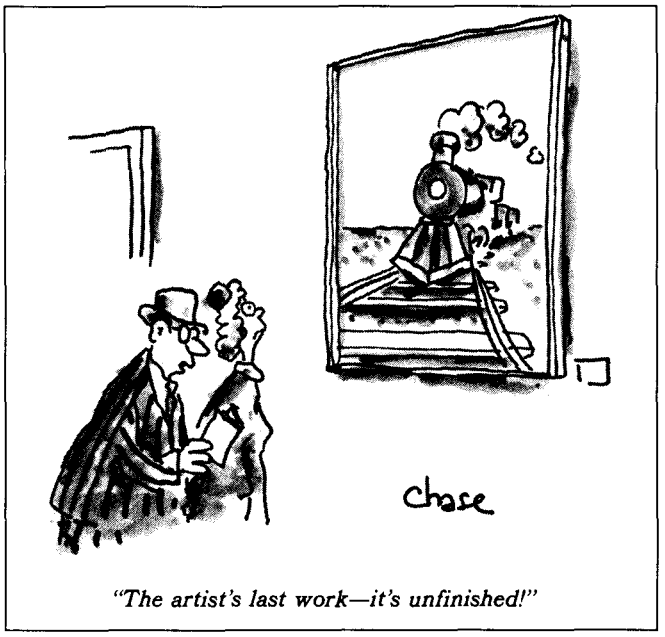
"How many people have to die?" shouted Francis, his fist hitting the table again. "How many deaths do you need? Give us the threshold of death that you need in order to believe that this is happening, and we'll meet at that time and we can start doing something."

As far as Francis was concerned, the assembled leaders of the blood-banking industry were about to take a course of action that could, at best, be termed negligent homicide, although Francis was known to drop the word "negligent" in private discussions on the issue. The blood banks refused to believe that transfusion-associated AIDS existed, and now they were going to kill people because of it, Francis thought. It was that simple.

Privately, almost all the officials from the Centers for Disease Control agreed with Don Francis, although they were groaning to themselves that he had shown so little politesse as to say it aloud.

The meeting of this ad hoc advisory committee for the U.S. Public Health Service had been fashioned to embrace every group with an interest in the burgeoning epidemic, including the American Red Cross, the American Association of Blood Banks, the National Hemophilia Foundation, the National Gay Task Force, and the Pharmaceutical Manufacturers Association, which represented the commercial blood-products makers, as well as the representatives from the National Institutes of Health and the Food and Drug Administration, the one federal agency that has regulatory power over the blood banks. A congressional aide, Tim Westmoreland, was there too, as well as reporters from most of the major medical journals and the *Philadelphia Inquirer,* the only major newspaper to provide thorough coverage of the meeting.

The CDC had hoped the assembly would produce some action to arrest the threat the new syndrome posed to the nation's blood supply. Even before the meeting opened, however, it was clear that each group had come with its own agenda, and on most lists stopping the potential spread of AIDS was secondary. Blood bankers were openly skeptical of the CDC claim that AIDS could be transmitted through blood. Some FDA officials remained unconvinced that AIDS even existed. Gay groups already had condemned any call for screening of blood donors as "scapegoating" homosexuals. The San Francisco Coordinating Committee for Gay and Lesbian Services, chaired by Pat Norman, issued a policy paper asserting that donor screening was "reminiscent of miscegenation blood laws that divided black blood from white" and "similar in concept to the World War II rounding up of Japanese-Americans in the western half of the country to minimize the possibility of espionage."



"The artist's last work—it's unfinished!"

As Tim Westmoreland saw the players assemble in the CDC's Auditorium A, all facing off at tables positioned in a large square, he sensed that this would not be a polite meeting of scientists engaged in the usual academic one-upmanship. There were interests to guard and turfs to protect. In most reminiscences, the participants would simply refer to the conference as "that horrible meeting."

Jim Curran [the director of the CDC's AIDS Task Force] described the two options the blood industry could take. Either they could adopt guidelines to keep people at high risk from donating blood or they could start testing blood to try to weed out likely AIDS carriers. Curran gave the blood bankers a sobering conclusion to his talk: there was at least a one-year incubation period for AIDS. No matter what course the blood industry took that day, it would have no effect for another year, during which still more cases of blood-borne AIDS would incubate and emerge.

It was left to an immunologist, Thomas Spira, one of the CDC's top virologists, to make the case for the testing of all blood products, the route that the AIDS Task Force desperately hoped blood bankers would follow. Although no test for AIDS itself yet existed, Spira had spent his past weeks testing the blood of AIDS patients for other markers. The trait that distinguished the blood of AIDS sufferers was not difficult to find, considering that virtually everybody in AIDS risk groups—gay men, intravenous drug users, and hemophiliacs—had also suffered from hepatitis B at some point in their lives. Although the hepatitis virus usually disappeared after recovery, the blood still harbored antibodies to the core of the virus. Thus, Spira had found that 88 percent of the blood from gay AIDS patients contained hepatitis-care antibodies, while all the blood from AIDS patients who were intra-

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Better Way

continued from page 78

¼ teaspoon pepper
⅓ cup chicken stock

Microwave wild rice, brown rice, and water at High (100%) in 2-quart casserole 6-8 minutes or until boiling; reduce to Medium (50%) and cook 35-40 minutes or until rice is tender; set aside. Soak dried mushrooms in hot water for 30 minutes or until tender. Cut mushrooms into pieces if very large. Combine shallots, onions, fresh mushrooms, and margarine in small bowl. Microwave at High 3-4 minutes or until mushrooms are tender; stir once. Add rehydrated mushrooms, shallot mixture, salt, pepper, and chicken stock to rice; toss gently until well-mixed.

Linguini with Fresh Tuna
(Makes 4 servings)

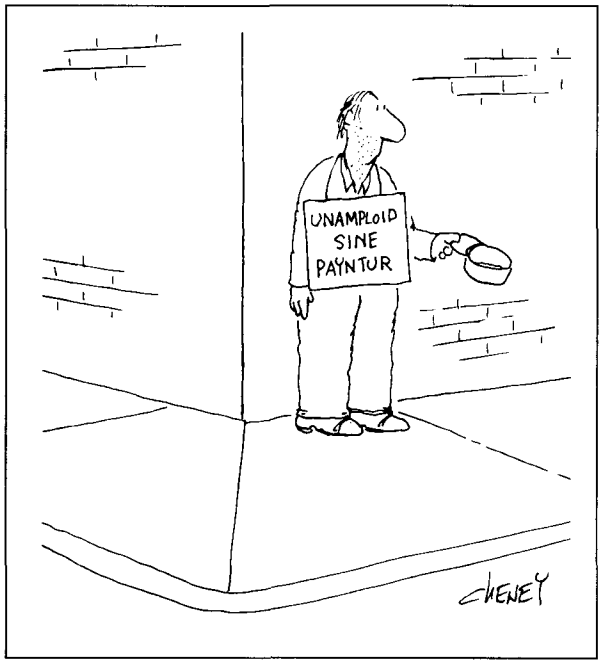
3 tablespoons olive oil
½ cup chopped sweet onion
½ pound fresh tuna, cut into 1" pieces
6 small tomato slices
2 tablespoons fresh minced basil
2 teaspoons fresh garlic
½ teaspoon salt, if desired
¼ teaspoon white pepper
¼ pound cooked linguini
2 tablespoons capers

Combine olive oil and onion in 1-quart casserole. Microwave at High (100%) 1-2 minutes or until onion is tender. Add tuna, tomato, basil, garlic, salt, and pepper. Microwave at High 3-4 minutes or until tuna flakes easily with fork; stir gently once during cooking. Spoon over linguini and garnish each serving with capers.

New Potatoes with Fresh Asparagus
(Makes 6 servings)

1 pound fresh asparagus
10 tiny new potatoes
2 tablespoons water
¼ cup nonfat yogurt
¼ cup mayonnaise or salad dressing
½ teaspoon salt, if desired
¼ teaspoon pepper
½ cup bran-cereal crumbs
1 tablespoon margarine
¼ teaspoon paprika

Remove tough ends of asparagus stalks and break into 1" pieces; set aside. Remove a ring of peel around center of each potato. Combine potatoes and water in 1-quart casserole; cover. Microwave at High (100%) 5 minutes. Add asparagus; cover. Microwave at High 4-5 minutes or until tender-crisp; drain. Combine yogurt, mayonnaise or salad dressing, salt, and pepper. Pour mixture over vegetables. Combine cereal crumbs, margarine, and paprika in small dish. Microwave at High 1-2 minutes; stir once. Sprinkle crumbs over vegetables. Microwave at High 2-3 minutes or until heated through.



Fastest Comic

continued from page 81

300 appearances a year. "No big deal," he says. "If Yul Brynner could do *The King and I* for 30 years, I can handle this. If I were in the army, it would be worse. This is like being in the army—but with money."

And the money is definitely there. Today, Leno commands $15,000 an appearance. That makes it a lot easier to endure the travel. And these days, there's nobody pounding the tables with bottles.

The Land Beyond

continued from page 47

For several weeks the gander was too sick to care what happened to him. With his eyes filmed and fever racking him, he huddled in a dark corner of the chicken house. Strange terrors moved in his brain, and he ate little of the anxiously concocted messes Dan brought him. He neither knew nor cared about the hostility with which Dan's mother received him, although it was plain enough when Dan finally got her out to see him. Her protesting voice echoed between the walls of the chicken house.

"We can't even eat him now," she wailed, "sick like he is, and all. If I'd been there, you two wouldn't have played no trick like this on me, takin' the food out of our mouths."

"He's pretty, mom," Dan said, trying to make his mother understand his feeling. "Oh, mom, if you coulda seen him flyin' down out of the sky! He was the chief one, mom. The biggest."

"The one that eats the most," his mother interrupted. "We hardly got enough grain for the chickens, and now you and Tolliver fetch this big eatin' bird home to be the death of me."

"He ain't eatin' no grain at all, mom."

"He will," she said. "Trials like this one jest keep on worryin' folks. Soon's he gits well he'll have to be et."

"Mom! I couldn't stand nothin' happenin' to him now. Please, mom. Promise, mom!"

She sniffed, to cover her confusion. She didn't want to be cruel, but the size of the gander and his prospective appetite alarmed her, and she was worried about the fall crop. Like Tolliver, she felt the appeal in the boy's eyes, and the realization of his few pleasures smote her, but, unlike Tolliver, she was afraid to let herself be softened. "Likely he'll die," she said, and turned away.

But the gander didn't die. He had an unbelievable and stubborn vitality; his wound began to heal and the fever abated. Dan saved pitiful scraps from his meals to nourish the gander. Even though he was at first bedraggled and sick, he was still a wild goose, and full of mystery and fascination. For a while Dan watched him from a distance, full of awe, but gradually he drew closer, and finally came to talk to him and stroke his smoke-colored

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feathers. Dan's stolen moments with him became increasingly frequent and precious to him.

(continued next issue)

Factor VIII

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venous drug users had the antibodies, and 80 percent of people with lymphadenopathy carried the antibodies. The test might not screen out all AIDS carriers, Spira suggested, but it would eliminate enough to sharply reduce the threat of transmitting AIDS through transfusions.

CDC officials hoped the data on the testing for a surrogate marker would point the discussions toward what blood banks and commercial blood-products manufacturers could do about AIDS. Instead, the discussion turned into a heated debate about the reality of transfusion AIDS.

"Don't overstate the facts," said Dr. Aaron Kellner, president of the New York Blood Center. "There are at most three cases of AIDS from blood donation, and the evidence in two of these cases is very soft. And there are only a handful of cases among hemophiliacs."

Besides, Dr. Kellner said, the proposed testing would cost his center $5 million to implement. False-positive test results would result in the unnecessary disposal of blood that wasn't infected with AIDS. "We must be careful not to overreact," he said. "The evidence is tenuous."

Dr. Joseph Bove, the director of the blood bank at Yale University Hospitals and chair of the FDA advisory committee on blood safety, joined in the objections. "We are contemplating all these wide-ranging measures because one baby got AIDS after transfusion from a person who later came down with AIDS [the nation's first AIDS-by-transfusion case, confirmed in October 1981, involved a San Francisco infant] and there may be a few other cases."

Assistant CDC director Jeffrey Koplan was taken aback. "To bury our heads in the sand and say, 'Let's wait for more cases,' is not an adequate public-health measure," he argued.

Dr. Bruce Evatt tried to reassert the data about hemophiliacs. AIDS simply did not happen among these people before 1982. In only the past year, however, 6 of just 100 hemophiliacs in Ohio were dead of AIDS and 3 more were suffering from severe blood problems associated with the syndrome. Nearly 10 percent already were sick with something having to do with AIDS, Evatt said. What kind of proof did the blood banks need?

Dr. Selma Dritz from the San Francisco Department of Public Health sympathized with the blood bankers.

"I don't think Marty is asking for seconds, mother. I think Marty's requesting the Heimlich Maneuver. Aren't you, Marty?"

She knew that vast sums of money were involved with any surrogate testing of blood. She also knew that a more moderate proposal to screen out groups at high risk for AIDS from blood donors would severely hurt urban blood banks that relied on civic-minded homosexuals as an essential part of their donor pool. Still, Dr. Dritz had the health of her city to tend to and a board of supervisors to answer to. Like so many health officials, her data was hardly reassuring to the blood bankers. "Of 140 [AIDS patients], 10 or 11 had donated whole blood in the previous few years," she said. "We don't know how many others sold their blood or plasma at commercial centers."

At the very least, all people at high risk for AIDS should be ordered to stop giving blood, Dr. Dritz thought. Given the fact that carriers could be perfectly healthy while donating a fatal dose of blood, as was the case with the San Francisco baby, Dr. Dritz felt all gays should stop donating.

As the blood bankers got back to arguing the specific case histories of CDC's transfusion AIDS victims, Don Francis started shouting about the "threshold of action." The evidence that the latency period might be long, much longer than anyone suggested, fueled Francis' conviction that the job of the CDC was not merely to monitor the spread of AIDS and count its victims, but to control the disease. "We can't constantly be reacting," he pleaded, "and be constantly behind the eight ball."

Everybody could tell now the meeting was going badly, very badly. The blood bankers were worried about money and the costs of drawing new donors; they were also suspicious of all the reporters covering the conference. Was the CDC trying to pressure them into action? FDA representatives were also wary of the CDC and were slightly irritated that the FDA's turf had been so brazenly invaded by the hotshot epidemiologists from Atlanta. Blood policy was FDA terrain and would stay that way.

Representatives from gay organizations sided with the CDC on surrogate tests of blood but firmly opposed taking any action to screen blood donors, saying the screening would pose serious civil rights questions. "So-called 'fast-lane' gays are causing the problem, and they are just a minority of male homosexuals," offered Dr. Bruce Voeller, representing the National Gay Task Force. "You'll stigmatize at the time of a major civil-rights movement a whole group, only a tiny fraction of whom qualify as the problem we are here to address. . . . Also, many gays don't self-identify as such and won't respond to the questionnaire."

Representatives from hemophiliac organizations were stunned by the gay perspective. What about a hemophiliac's right to life? they asked.

continued on following page

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Ryan

continued from page 57

things that have happened to me."

We asked Pastor Wade if he had a humorous incident we could pass on to Ryan. "Let me think for a minute," he said. "Several fun things have happened. When I was speaking at church, this little girl—she wasn't even a teenager—very seriously asked, 'Now, if I talk to you over the phone, or if I drink from the same drinking fountain, I can't get this from you, can I?' She was really very concerned—very sincere. She wasn't just putting me on—she really wanted to know. Little things like that kind of brighten your day."

Factor VIII

continued from page 97

After a lunch break, the blood bankers returned even more resolutely opposed to blood testing, arguing almost solely on fiscal grounds. Although largely run by nonprofit organizations like the Red Cross, the blood industry represented big money, annual receipts of a billion dollars. Their business of providing the blood for 3.5 million transfusions a year was threatened. Already the high cost of blood had created new markets for self-donation. Prices had to be competitive, blood bankers knew. The cost of testing for hepatitis antibodies, Dr. Kellner from the New York Blood Center suggested, would be $100 million annually for the entire nation. That was simply too much. Instead, he proposed, perhaps, some pilot studies in New York, Los Angeles, and San Francisco.

The for-profit blood-products manufacturers, however, did not enjoy the cartel on their merchandise that the nonprofit blood centers held. With the fear of direct competition for their market, the spokesman for Alpha Therapeutic Corporation announced that his firm, which manufactured Factor VIII, would immediately begin screening donors and exclude all people in high-risk groups, including all gays, whether or not they appeared to be "fast-lane." The position infuriated the gay representatives.

The goal of the meeting was to forward some consensus recommendations to Dr. Edward Brandt, who, as assistant secretary for health of the U.S. Department of Health and Human Services, headed the Public Health Service. At the end of the meeting, CDC's Jeffrey Koplan, the chair, began proposing consensus recommendations. Bruce Voeller suggested a resolution opposed to deferral of high-risk donors; the proposal was defeated soundly on a voice vote. Other proposals met similar fates or were modified so extensively that they were rendered meaningless. The meeting adjourned with no recommendation or agreed-upon course of action. Things would simply go on as they were, as if nothing was happening.

Lucian Lupinski, *Post* cover artist, who recently painted portraits of Surgeon General C. Everett Koop and Indiana Governor Robert Orr, visited Ryan's home in Cicero to honor him with a Lupinski triumph.

• • •

Don Francis was enraged. The blood banks were going to kill people, he fumed, and the FDA wasn't going to do a damn thing about it.

His colleague Harold Jaffe, though not given to such dramatic pronouncements, was equally disappointed. He couldn't believe what he had heard from the blood bankers. They did not want to believe their industry could be involved in something as horrible as AIDS, so they had simply denied the problem existed. To a large extent, the same thing was happening in the gay community, Jaffe knew, but the blood bankers were doctors and scientists of a sort. They were supposed to be rational and most had sworn to uphold the Hippocratic oath.

It had been a year since Bruce Evatt had heard of the first suspected AIDS case in a hemophiliac. He had expected more cases at that time, but the problem was growing much faster than anyone had expected. He had not anticipated that the CDC would be so definitively thwarted in its influence on public policy. The CDC had stood alone and lost. In history, he knew, it would all go down as a stupid mistake, a terribly stupid mistake.

• • •

The year 1983 was going to be that kind of time for the AIDS epidemic. There would be denial on all fronts, leading to stupid mistakes that would cost thousands of lives in the short term and tens of thousands in the long term. The lost opportunities of 1982 would be explained later with the chorus "How were we to know?" This had no meaning in 1983. By then, vast numbers of people knew better, but confronted with knowledge and the chance to do something, they usually did the wrong thing, if they did anything at all. At the time, their postures seemed like the right thing to do in order to preserve civil rights or, say, the economic viability of the blood industry. The problem, of course, was that such considerations constantly overshadowed concerns of medicine and public health.

• • •

Two days later, after the fateful meeting in Auditorium A, the American Association of Blood Banks convened a Washington meeting with all the major blood-banking organizations, as well as the American Red Cross, the National Gay Task Force, and the National Hemophilia Foundation.

Under prodding from gay representatives, the groups issued a joint statement reiterating the blood-banking industry's opposition to donor screening. "Direct or indirect questions about a donor's sexual preference are inappropriate," the statement said. Dr. Roger Enlow, a gay New York City physician and a leader of the American Association of Physicians for Human Rights, heralded the policy. "We've preserved not just gay rights," he said, "but the human right to privacy and individual choice."

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January 7

Pressure mounted on the blood industry in the weeks after the Atlanta meeting to protect "innocent victims." The National Hemophilia Foundation enraged gay activists by calling for "serious efforts" to bar all gay men from donating blood. The for-profit blood-products manufacturers soon fell in line with the foundation, unable to take the commercial risk of offending hemophiliacs, a major market for blood products. The nonprofit blood bankers, however, continued to oppose such deferrals as "premature." Meanwhile, gay groups across the country were organizing to oppose what they called the "quarantine" of gay blood.

Blood bankers were quick to pick up the gay rhetoric. At an AIDS study group at the University of California in San Francisco, where Dr. Marcus Conant was trying to engineer a strong university position for hepatitis antibody testing, the staid medical director of San Francisco's Irwin Memorial Blood Bank took his arguments against surrogate testing straight from the lexicon of militant Gay Freedom Day speeches. The hepatitis testing would end up marking gay men with a "biological pink triangle," asserted Dr. Herb Perkins [the medical director of Northern California's major blood bank], alluding to the emblems gays wore in Hitler's death camps. "If 95 percent of gay men are antibody-core positive, do we want them marked to exclude all blood with this marker?" he asked.

Dr. Conant was unimpressed by Dr. Perkins' oratorical flourishes. He knew that more than civil rights was involved with the blood banks' refusal to test blood or defer donors. It was dollars and cents, both in increased testing expenses and for the larger recruiting drives needed to replace gay donors. Dr. Conant had no doubt that self-deferral of donors could prove to be a disaster. Too many gays were in the closet, and those who weren't tended to view AIDS as a problem for sleaze-bag gays, the bad homosexuals, not themselves.

Within two weeks, Dr. Conant had enlisted the major AIDS experts from UCSF, as well as the highly respected dean of the medical school, to issue a public plea to blood bankers in New York, Los Angeles, and San Francisco to start hepatitis-core antibody testing as a regular procedure.

The blood banks ignored the statement. Dr. Perkins insisted that the call for surrogate testing was "not based on any rational evidence that it would screen out everyone with AIDS, or anyone who was incubating AIDS."

March 3, 1983, Department of Health and Human Services, Washington, D.C.

Throughout February, pressure had continued to mount on the federal government to move to protect the blood supply. The nine-month

"I still love you, Greg, but I just think we need some time away from each other."

stall on a national blood policy, dating back to the discovery of the hemophiliac cases, could not be sustained. Sensitive to the demands of hemophiliacs, virtually all the private pharmaceutical companies had fallen in line with the National Hemophilia Foundation's guidelines restricting donations from gay men and other high-risk groups. The federal government, meanwhile, had to steer its policy through wars between the Centers for Disease Control and the Food and Drug Administration, as well as the pressures exerted by blood bankers, easily agitated gay groups, and congressional representatives promoting their various interests.

The Centers for Disease Control took the hard line in their proposed guidelines, calling for both blood testing and mandatory exclusion of all people in high-risk groups, not merely the voluntary self-deferral the blood banks wanted. Taking its cues from the blood industry, the Food and Drug Administration favored more moderate restrictions. The blood bankers were worried that they would not have enough blood and would suffer economically if all gays were restricted; they also fretted about accusations that they would look like antigay bigots if all homosexuals were summarily rejected.

The government's final recommendation was as broad a compromise as could be worked out. It was issued as the policy of the U.S. Public Health Service, the umbrella agency for the CDC, National Institutes of Health, and FDA. "As a temporary measure, members of [groups at] increased risk for AIDS should refrain from donating plasma and/or blood," the guidelines said. High-risk people, however, did not include all gays, according to these guidelines, but merely those who were sexually active, had overt symptoms of immune deficiency, or had engaged in sexual relations with people who did. There would not be the hepatitis antibody blood screening that the CDC wanted. Instead, the guidelines called for studies to evaluate screening procedures. With the weight of the Public Health Service behind them, the American Red Cross, the American Association of Blood Banks, and the Council of Community Blood Centers had no choice but to announce that they would comply.

The Public Health Service guidelines came seven months after the CDC first had proposed policy for the AIDS blood problem in July 1982, and two months after "that horrible meeting" in Atlanta. Between that January 4 meeting and the March 4 publication of the guidelines in the *Morbidity and Mortality Weekly Report,* nearly one million transfusions were administered in the United States.

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Pap Smear

continued from page 63

cancer, felt the tragic sting of that lament. After the cancer had spread through her body, she underwent several operations, chemotherapy, and radiation. As part of a lawsuit Gray gave a videotaped deposition from her sickbed, describing in detail the agony of her struggle for life. The deposition ended with her vow: "I made some plans to beat this thing."

Two months later, Cindy Gray died.

Navratilova

continued from page 51

need when you get older. When you've won everything, as she has, it's harder to manufacture new goals."

Navratilova's talents first blossomed in the early 1970s. Navratilova, . a member of the Czech Federation Cup team at that time, was not very happy. Feeling that her career was being restricted by her country, she asked for political asylum in the United States in 1975.

She didn't really come into her own on the women's tour until 1978, when she won 11 tournaments and gained No. 1 in the world rankings, winning $450,757 along the way.

Her performance fell off in the early '80s, when she gained weight and lost confidence, but she was back on top of the tennis world in 1982. During the slump in 1980-81, Shriver remembers, Navratilova "didn't have the best working habits and didn't have the best nutrition habits."

Nancy Lieberman, a basketball star who guided Navratilova nutritionally and helped channel her energies more positively. Navratilova, a longtime junk-food fanatic who grew up eating raw bacon, returned to the women's tennis circuit lean and mean. She abruptly pulled out of her tailspin in 1982 with a superb year, winning 90 of 93 singles matches, including 41 in a row, and 15 of 18 tournaments. She won more than $1.4 million to bring her career earnings to $4.6 million, making her the highest-paid woman athlete of all time.

But perhaps the biggest news event, at least on this side of the Atlantic, occurred when she returned to Czechoslovakia in 1986 to play in the Federation Cup, the women's equivalent of the all-male Davis Cup. It marked her first visit to Prague since her defection 11 years before, and though the local media ignored her, she got a rousing welcome from the fans. The emotional moment was perhaps even more satisfying for her than the roughly $4 million she made in 1986 from her winnings in 24 singles and doubles tournaments and her numerous endorsements.

Hemline

continued from page 30

Not all my efforts were successes. There were enough droopy, misshapen duds that one year I banished the machine to the closet and started only buying my clothes.

"All right! Good doggie."

Touch o' the Green

continued from page 22

blend well. Makes about ½ cup.

Kiwi-Fruit Potato Vinaigrette
(Makes 6 servings)

1 pound red-skinned new potatoes, cooked and sliced
⅓ cup thinly sliced celery
Vinaigrette Dressing (see recipe below)
2-3 California kiwi fruit, pared and sliced

Combine potatoes and celery. Add Vinaigrette Dressing; gently toss together. Cover and refrigerate several hours. Add kiwi fruit; mix gently.

Vinaigrette Dressing: Combine ¼ cup vegetable oil, 3 tablespoons red wine vinegar, 1 tablespoon chopped green onion or chives, ½ teaspoon *each* sugar and salt, ⅛ teaspoon crushed thyme, and dash bottled hot-pepper sauce. Blend well. Makes about ½ cup.

Hemophiliacs

continued from page 57

ful in getting that kind of information and feedback as quickly as possible.

"For instance, we discovered that heating in the liquid state, the so-called pasteurization, will get rid of non-A non-B hepatitis. Heating in the lyophilized state [colloidal state] will not, so ultimately the more stringent kind of heating will probably be the accepted way of doing it."

The Canadian hemophiliac received blood that had been heat-treated in the colloid, and now the National Hemophilia Foundation, the CDC, and the Armour Pharmaceutical Company are asking hemophiliacs everywhere not to use designated batches of Factor VIII. It should be returned for exchange.

Post: Are there some hemophiliacs who received Factor VIII before heat treatment was available who didn't get infected? Most all of them did, but what is your number?

Dr. Evatt: It depends upon which center you are discussing and whether the patients were severe, mild, or moderate. If they were severe hemophiliacs, it probably ran as high as 90 percent or so.

Post: How long have you had Factor VIII for hemophiliacs?

Dr. Evatt: It was introduced in the late '60s, and it became universally accepted beginning in the early '70s. So the treatment, for the most part, began and occurred through the '70s. The average age of the hemophilia patient in the early 1970s was about 11 years old. When the AIDS epidemic hit, we did a similar kind of survey to ascertain what the cause of death was in the hemophiliac community, and [the average age] had almost doubled. So you can see what the material did to life expectancy. It was approaching normal. Most all the hemophiliacs prior to the '70s died relatively young. The average age of the population of hemophiliacs was 11 years old . . . and it was approaching 20 by the time of our survey beginning in '80. This was due to the development of the concentrates and the advent of the comprehensive-care centers.

Post: When did they start testing for hepatitis B? Ryan White, our

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Hoosier hemophiliac, for example, has had hepatitis. When did we stop giving most of our hemophiliacs hepatitis—or did we?

Dr. Evatt: Well, we really didn't. Screening for hepatitis B had started taking place probably in the '70s, and with that kind of testing, the test improved and got better and better.

What happened, though, was that non-A non-B hepatitis, which cannot be picked up with any test, continued to be transmitted and replaced hepatitis B as the major cause of hepatitis. So almost all hemophiliacs who get concentrates develop hepatitis, usually the non-A non-B variety.

Post: And we still can't get rid of that with heat-treating of blood products?

Dr. Evatt: Well, you can, and one of the things that has come out of the AIDS epidemic is the viral inactivation processes that were instituted for AIDS. Some of them are now also knocking out non-A non-B hepatitis, and those will be the processes that eventually survive.

Non-A non-B hepatitis is harder to get rid of than the AIDS virus, but it probably is responsible for killing more hemophiliacs, at least in the past, than AIDS is. So it's important to get rid of those other viruses, and so I think that ultimately we are going to have very safe, viral-free products as the outcome of the AIDS epidemic that probably would not have been developed had it not been for this particular epidemic. At least not in the immediate future. It would have been developed ultimately, but there was not the push on to get rid of the viruses that AIDS has stimulated, so the process was going very, very slowly.

Post: We still can't get rid of non-A non-B hepatitis in whole blood?

Dr. Evatt: Not yet. But I think that the whole issue of blood safety has been brought to the forefront by this epidemic. The fact that these viruses can be transmitted by blood, I think, has renewed a whole interest in trying to make blood products virus free.

Post: So that's the good news that's come out of it?

Dr. Evatt: Right. I think we are going to have safer blood products and perhaps safer blood and blood components.

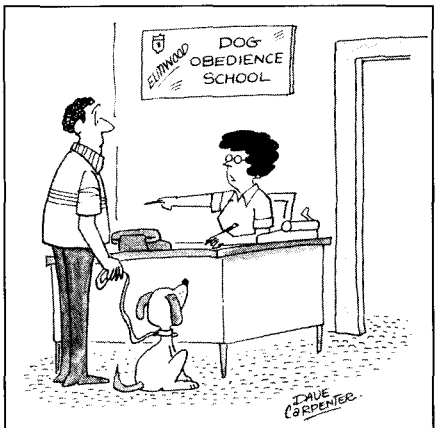
• • •

We called on Alan Brownstein at the National Hemophilia Foundation because Bruce Evatt had told us of his work in expediting the heat treatment of Factor VIII.

Brownstein: It was in July of 1982 when this stranger by the name of Evatt called me up and said that three cases of clinical AIDS had been diagnosed among hemophiliacs. He said we shouldn't jump to any conclusions yet, but the fact that there were three meant there was a potential that this was a blood-borne disease and that we need to get together and start developing a strategy to characterize what's going on as quickly as possible.

Post: Heat treatment of Factor VIII was started well before the AIDS antibody testing was begun, was it not?

Brownstein: Yes, in 1984 we came up with heat treatment, but direct



"Your pet may go in, but you 'sit'!"

questioning and self-deferral by donors was the first breakthrough. That was in early '83.

Post: Have you read *And the Band Played On?*

Brownstein: I got it for Christmas from my wife.

Post: We'll be interested in your reaction to Randy Shilts' reports of foot-dragging.

Brownstein: They [blood banks] did drag their tails. Interestingly, the commercial operators responded immediately to our demand [for questioning and self-deferral].

Cutter Laboratories or Armour Pharmaceuticals could decide right there and then to do direct questioning of prospective blood donors. The American Association of Blood Banks could not say, "This is the way it has to be." While they are a standard-setting organization of sorts, their members are not under their direct control. This is similarly so for both AABB [American Association of Blood Banks] and CCBC [Council of Community Blood Centers] and also somewhat so for the American Red Cross. When we met them on January 13 and 14 of 1983, they kept telling us that we were being premature and unscientific, and they called us names and they were obnoxious.

Post: They called hemophiliacs names?

Brownstein: Yes, in February or March, we told them we wanted to meet with them in New York, that we weren't satisfied with their actions, and that we wanted action from them immediately. We had the leadership of all those organizations meet with us. At that time they told us they had problems.

They said they were afraid that the government would never act on regulations if their organizations set guidelines and their members didn't all follow those guidelines.

Post: And then?

Brownstein: Then we started leaning on the government—the FDA and Public Health Service, whomever we could speak to.

The Public Health Service did issue recommendations. But there were those in government and those in Congress who opposed it because they saw it as being a gay-bashing kind of thing, which is kind of interesting, because we saw it as a public-health thing.

Post: Who opposed it in Congress?

Brownstein: Mainly people from [Rep. Henry] Waxman's staff were in there at the Public Health Service debating about how many sexual encounters there should be to involve a deferral.

Certain members of Congress and mainly the voluntary blood bankers said that we were being very unscientific in urging that high-risk group members be discreetly and sensitively interviewed and urged to defer blood donations. We were called names, largely because when we urged this policy, the media exploited it terribly. "Gay Blood Ban Urged." That's not quite how we said it, but that's how the headlines read. We had bomb threats to our office from extremist splinter groups from certain gay organizations. Some of the gay organizations had serious exception with us because of the way the press

continued on following page

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reported our position. But then we had meetings and we were able to iron out the differences. They understood that some of what we were saying was misrepresented. For example, on network news I would say, "The National Hemophilia Foundation is urging that blood from gay men, IV drug users, etc., should not be used," and then I would go on to say that in so doing, this should be done in a very sensitive and discreet way so as not to compromise one's privacy. But that part was not on the network news. Only the first part was on.

There were two bomb threats. That was not from the mainstream. That was some kooks. But by and large we were able to work out the misunderstanding.

Post: Tell us about heat treating.

Brownstein: In 1984 we had the breakthrough!

This shows what a prince Bruce is; Bruce Evatt is unbelievable. We said to him, "We now have heat treatment." The heat treatment does not kill non-A non-B hepatitis virus. It does not remove the virus, because in the studies that were done, the chimps developed elevated ALT levels, and patients who received the heat-treated product developed elevated ALT levels. Since it was said that hopefully HIV is heat-labile [destroyed by heat], we said, "Bruce, would you please do something for us? You have access to Gallo's laboratory [Dr. Robert Gallo is with the National Cancer Institute]—get some HIV. If you could spike the plasma concentrate replicating the methods used by industry, would you please spike it with HIV and subject it to heat and measure how much virus is killed?"

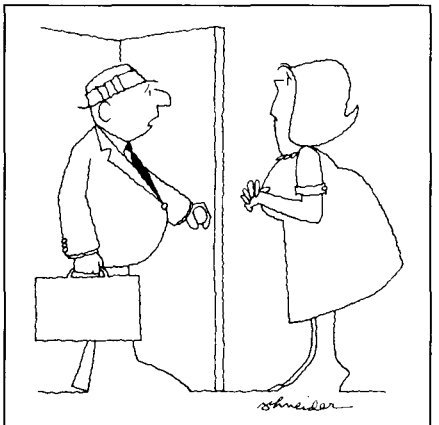
We asked him to do it in August. He did it in September!—just a couple of weeks after we asked him to do it. He thought it would be a tremendous help to us in defining our policy.

Then we convened our medical and scientific experts. Bruce and his team presented the data. Three weeks later it became the law of the land that everything should be converted to heat treatment because Bruce's staff was able to demonstrate that the virus was inactivated by heat. There is an example of government moving with unbelievable speed. I attribute it to Bruce's leadership and commitment.

I'm saying this because I know. I consult with him sometimes until 1:30 at night and weekends when I'm seeking to get medical advice to share with our medical leadership at the foundation. I don't mean to be overly effusive, but that is what the man is like. He's a hero. I'm going overboard, but you know what I'm saying.

Post: What is being done today to safeguard hemophiliacs?

Brownstein: We are convening our medical and scientific advisory council soon, and we are going to be hearing recommendations for new products, applying a much more rigorous standard to what we consider to be acceptable and not acceptable. We're



"It was a horrible day. They rearranged all the movable panels and I couldn't find my cubicle."

sick and tired of the situation that exists right now with 90 percent of the severe hemophiliacs and around 60 percent of *all* hemophiliacs being infected with HIV [AIDS virus].

Post: How did 10 percent get out of being infected?

Brownstein: Luck.

Post: Luck?

Brownstein: That's a guess.

Post: What about Australia? We have heard that only 3 percent of their hemophiliacs have been infected with HIV. Isn't this because they don't pool from as many different donors as we do in the United States?

Brownstein: The process is different. They do pool it, but they don't pool it in [such] large batches. [But] that is not the reason they have been saved from the level that we've been exposed to.

Post: What is the reason?

Brownstein: Because we have places in the United States where they [also] do more limited pooling, yet

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HAMs

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ging, he had thought he was having a heart attack or a stroke. Then he looked up and saw his hotel crumbling.

Beurt saw an opportunity for a new HAM recruit in Ryan White. An amateur radio license would open up a friendly world of people to visit Ryan whenever he is housebound. Fellow AIDS patients from all around the world could compare notes with Ryan on the airwaves. A new cure being tried in Australia? In South America? Ryan could get on the airwaves to make contact with amateur friends there. HAMs are so friendly about using their "phone patches" for those in distress. At the drop of a hat, they'll call long-distance to other states when they have a foreign contact who wishes to reach someone in the United States.

The Rev. Don Wade, who is bravely facing up to AIDS, is a minister with a new mission. When a newly diagnosed AIDS victim has a hard time accepting his fate, Dr. Wade is called in to help. The HAMs have given Dr. Wade a code book and a starter set so he can learn the code. When he gets on the air, he will be able to counsel HAMs who are helping AIDS patients in other cities.

The Red Cross has a group of HAMs in a disaster unit under the leadership of Harold Worth, a retired Eli Lilly researcher. When he learned we couldn't find a Morse-code oscillator for Ryan to practice with over the New Year's weekend, he immediately contributed one to Ryan from his own HAM shack.

Jim Miller, a gay man with AIDS, is learning the code to help other AIDS patients who meet at the Damien Center in Indianapolis get on the airwaves.

Have you ever wondered how amateur radio operators came to be called HAMs? Well, here's one version. To send Morse code, one makes a fist over a telegraph key. (Surely you've heard of someone with a large fist referred to as "ham-fisted"?)

Until recently, the HAM with a novice license had to communicate on a ten-meter band in Morse code. As of March 21, 1987, however, a new regulation permitted novice license holders to speak on the ten-megahertz band, using the microphone.

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It was a joke. Unfortunately, the laugh was on me. The grim warnings of the Surgeon General, the American Cancer Society, and my worried doctor all went in one ear and out the other. My tobacco addiction was like a runaway train. Completely out of control and destined for disaster. *Unstoppable!*

Me give up smoking? Better ask for my right arm!

Every so often, I would make a good old college try at quitting cold turkey. Before you could say "Jack Robinson", there I'd be. Frantically scrounging in the garbage for soggy butts. As usual, my good intentions went up in smoke. I was hooked—*again.*

Who was I kidding? Smoking was an undeniable necessity. Super-important to my daily life. How I enjoyed that first eye-opening drag in the morning—that satisfying end-of-the-meal lighting up—that nerve-settling inhalation when things got hectic. Me give up all these irreplaceable pleasures? Better ask for my right arm!

Cancer or no cancer, doctor or no doctor, I loved smoking much too much to ever stop. But one day, I discovered a secret that turned my burning passion into red-hot hate. A secret that set me free in just 30 minutes flat. *Not a single cigarette in 20 years!*

Freed me in 30 minutes! Not a cigarette in 20 years!

My smoking is past-history. Gone without hypnosis, behavior modification, pills, drugs, classroom courses, nail-biting, will-power or climbing the walls. Gone without such games as switching brands, chewing gum, fake candy, diary-keeping or saving dirty stubs in a messy jar.

Gone, too, without gaining an extra ounce. Matter of fact, my wife says that I even lost a couple of pounds. And I never felt better.

Running into an old buddy brought back memories of those "didn't want to quit" days. This 3-packs-a-dayer had tried everything but still couldn't stop. He begged me to outline the details of my remarkable secret.

That night, I wrote it out in plain, step-by-step language anyone could understand and mailed him a copy. After it did the trick for my buddy, he told some of his friends. Soon, I was hunted out by pleading strangers for the same "Stop Smoking Secret."

If you can lick a stamp, you can lick your cigarette habit just as I—and they—did. I know what it's like to have that compelling urge to light up. And I know what it's like to be able to smilingly pass it by without pangs of yearning.

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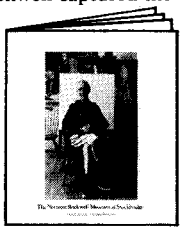

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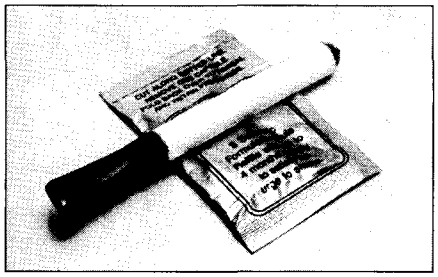

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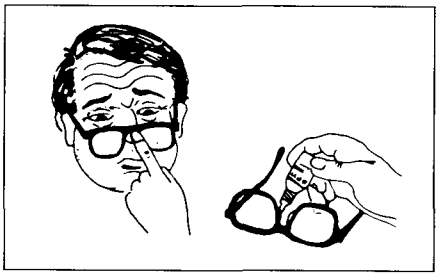

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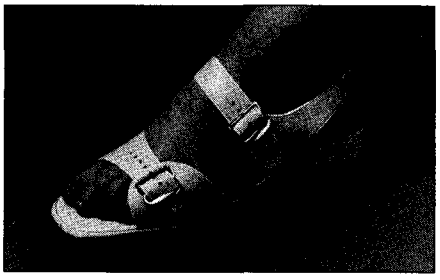

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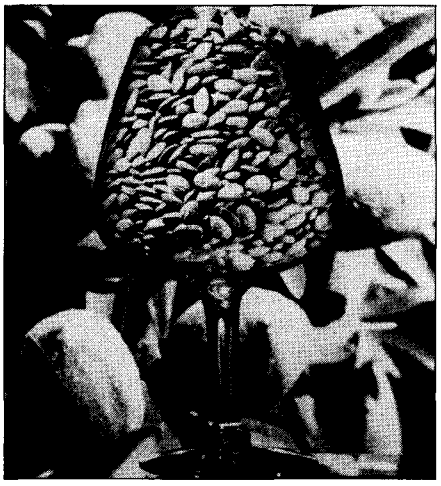

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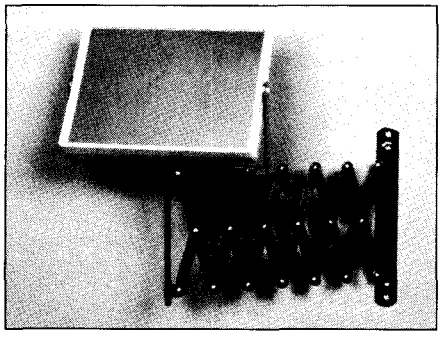

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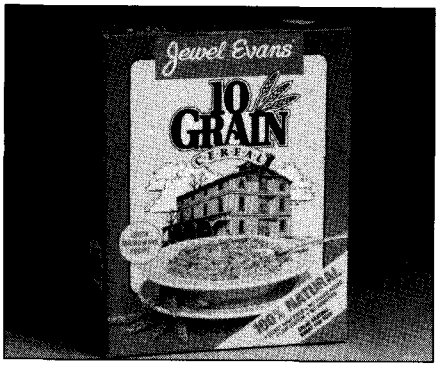

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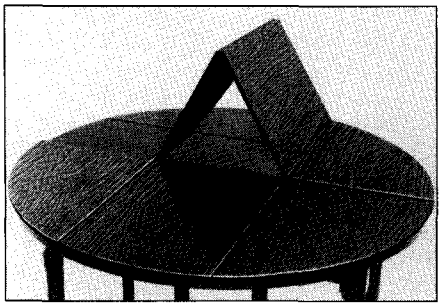

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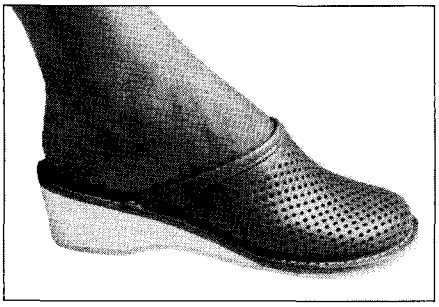

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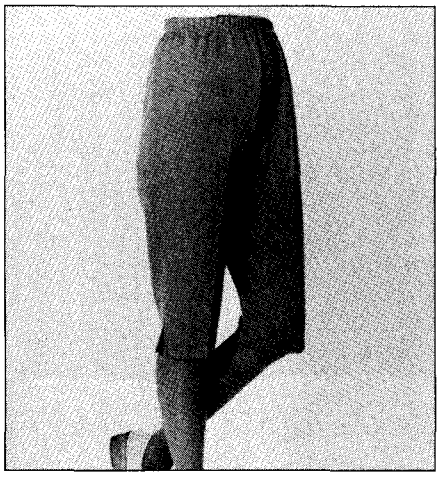

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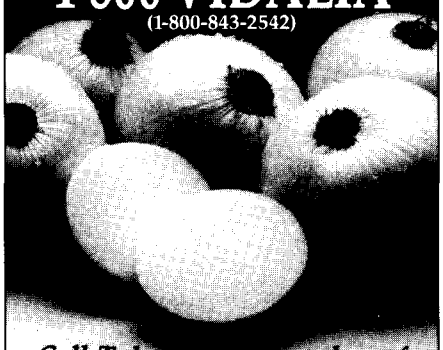

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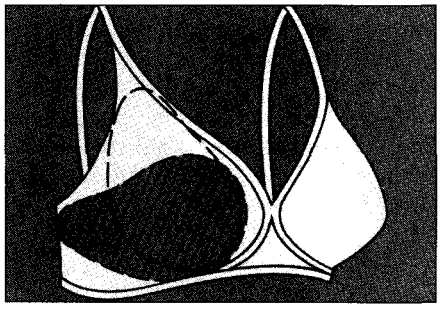

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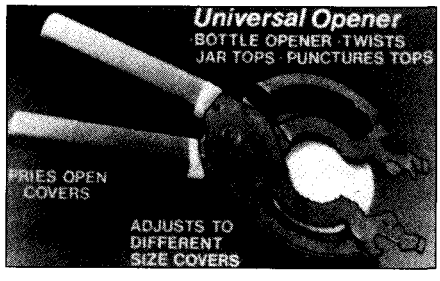

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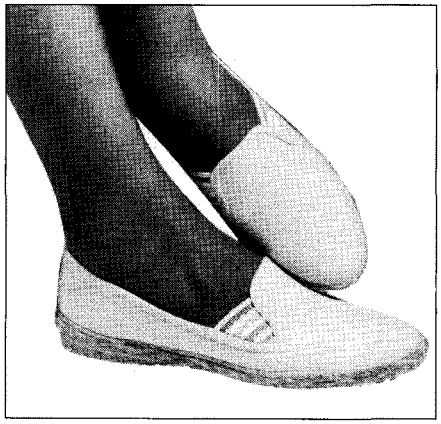

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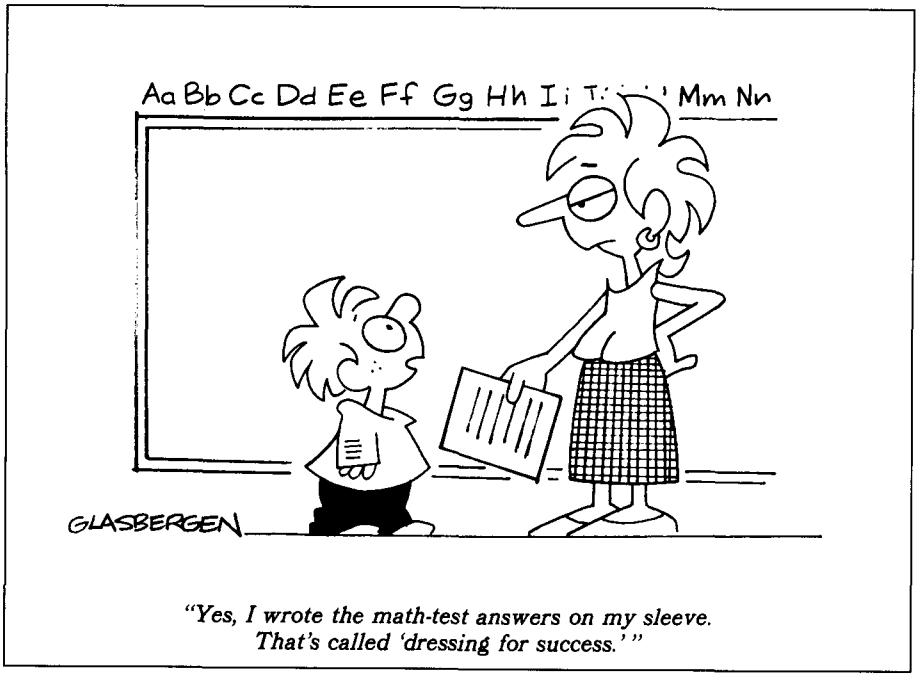

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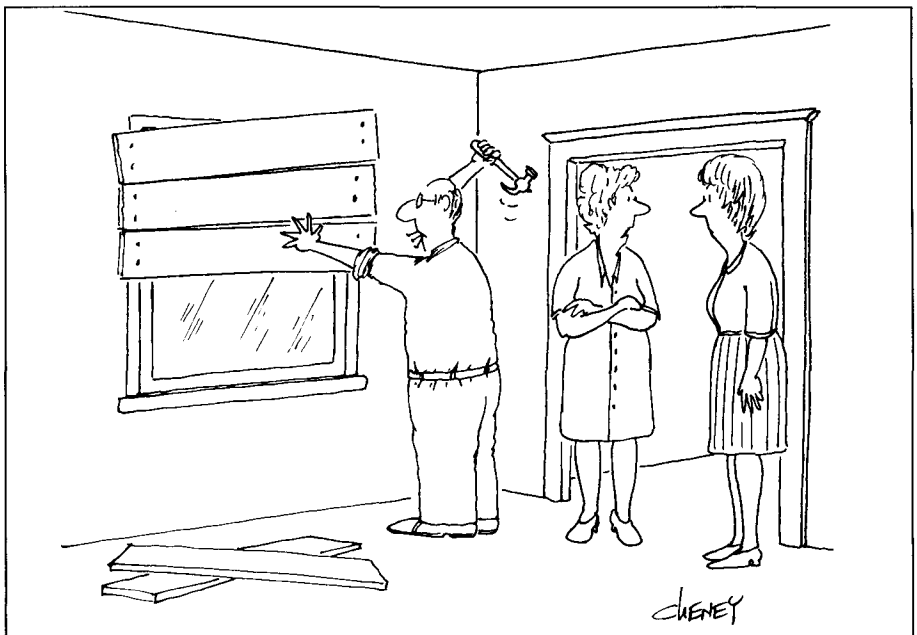

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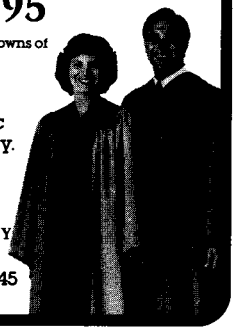

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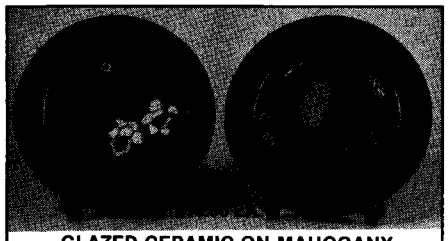

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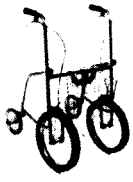

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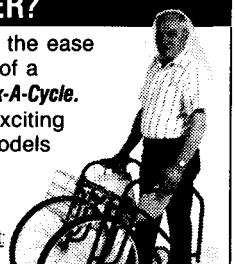

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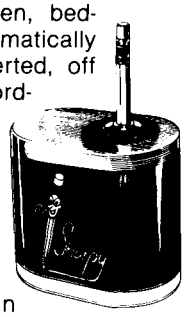

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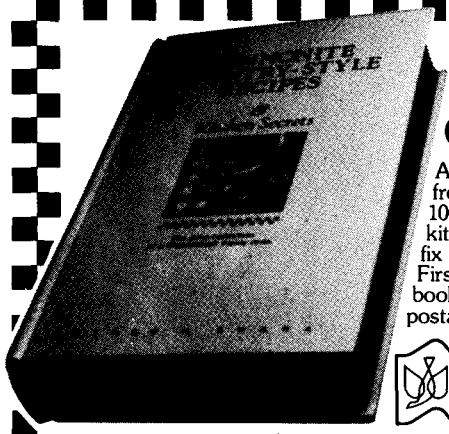

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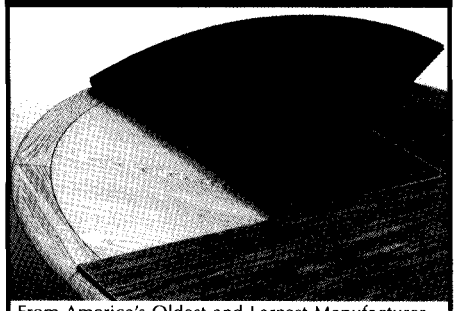

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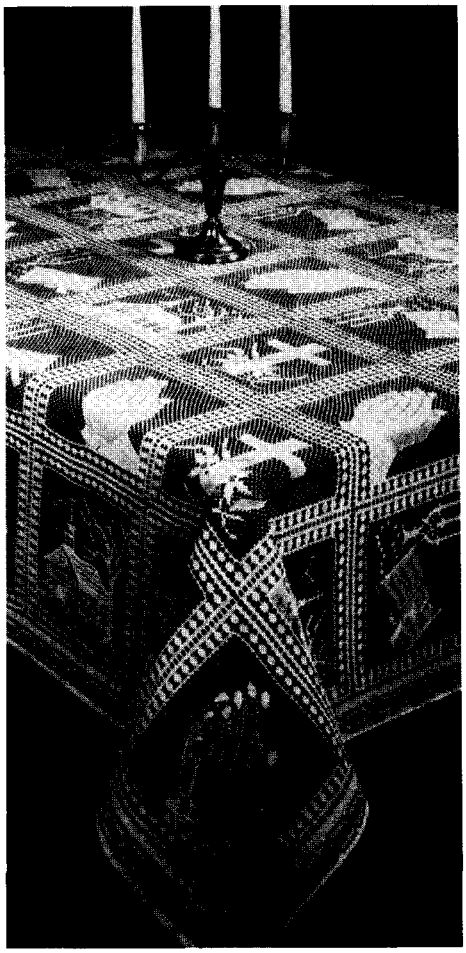

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Hemophiliacs

continued from page 102

the HIV exposure rate seems to be similar [to the U.S.]. The big difference is the way in which this disease was rapidly transmitted within the gay community and the number of donations that had occurred before we recognized what could be done.

If we had had the knowledge in 1981 that we have today, I dare say there would probably be fewer than 10 percent of hemophiliacs who ever would have been exposed to HIV, even if we had had that knowledge in as late as '82. Unfortunately, people developed this disease, or became exposed to the virus, in '82, '83, and '84.

Beyond that point, I doubt if there's more than two dozen people who have been exposed to HIV beyond November of '84—which is essentially the point when, on the basis of recommendations from the National Hemophilia Foundation, with a great deal of help from Bruce Evatt and others, everyone was converted to the heat-treated products. There has only been—only was a terrible word, so please excuse me if "only" happens to be your son but I'm speaking in orders of magnitude—less than a few dozen who have seroconverted [developed antibodies as evidence the AIDS virus is in the person's blood] since the use of heat-treated products. In October or November of '84 we recommended that all products be heat-treated.

Post: Are all your hemophiliacs tested for AIDS antibodies now?

Brownstein: The majority. We have recommended that they all be tested.

Post: Do you have very many cases in which a wife has been infected?

Brownstein: Yes. We have 12 wives who've developed AIDS, and it might be up to 16—I don't have my data in front of me right now. We're very concerned about the potential heterosexual and perinatal [from mother to infant] spread of this disease, and we're trying to figure out ways of better educating people with hemophilia. We're trying to do it in a way that is respectful of all social value systems, because some parents don't want to have this discussed with their adolescent sons.

Post: How many perinatal cases are there?

Brownstein: I know of one, but I know that others are being investigated as to whether or not there is AIDS. I think luckily that has been extremely small. But that doesn't mean that it will remain that way—it won't.

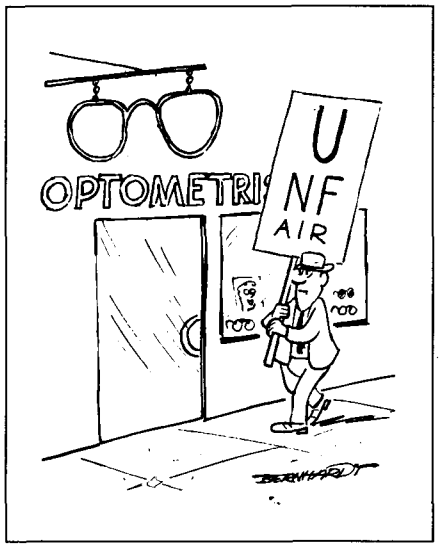
Post: What percent of severe hemophiliacs have had hepatitis?

Brownstein: Figures differ on that: I will say this—that almost 100 percent of severe hemophiliacs have elevated ALT levels [which establish hepatitis].

Post: Do they get vaccinated?

Brownstein: Between 25 and 50 percent, depending on the clinicians. Twenty-five to 50 percent develop acute to chronic and/or chronic hepatitis, and of course, there are a number of cases that lead to cirrhosis and in some instances death.

Post: They get non-A non-B hepatitis—we can get rid of hepatitis B.



Brownstein: That's correct. In two ways, through testing and also now with the hepatitis B vaccine.

Post: Do you vaccinate all the hemophiliacs?

Brownstein: Yes, it's recommended shortly after birth.

To tell you the truth, our media strategy initially was to be as bland as possible with the hope that something else would capture their interest.

Post: You were bland as possible?

Brownstein: Yes, and even boring, because every time there was an article connecting AIDS and hemophilia, kids like Ryan White would get bopped out of school because someone read it and said, "H'm, isn't there a kid with hemophilia in this class?" But now, especially with what happened in Arcadia [Ryan's new school district], we really have no reservations about being public at all.

We haven't been silenced. We've spoken up, especially where we've found out about certain things, and we made our points of view known correctly.

The cat's out of the bag now, and we feel the story needs to be told.

Chicken

continued from page 16

say to my college roommate, "Tush, you rich people eat chicken à la king like it was going out of style." And that's what happened. It went out of style. They must have been stoking up, knowing that. Those rich people weren't so dumb.

So what happened to it? It must be out in those silos. The government probably tried to fob it off on some poor people in some place like India, and they wouldn't eat it. They didn't want to seem ungrateful, so they told the State Department people that the chicken is sacred in India. The real reason was that the Indians thought chicken à la king tasted like the sort of thing WASPs eat in their clubs; during the Raj, the British ate a dish very much like chicken à la king in their clubs in order to keep the Indians from applying, although they called it Aunt Nigel's Boots. To this day, though, a lot of State Department people think that the chicken is sacred in India. What India really wanted from the silos were the Nehru jackets, but State wouldn't release them unless the Indians also agreed to accept a thousand carloads of bell-bottom blue jeans.

The restaurants that have sprung up during the fashion for American cooking don't serve chicken à la king. They serve fried chicken. They serve chicken pot pie. No chicken à la king. Is it still out there in the silos? I'm not sure. Not long ago, on a particularly fancy airline menu, I came across an item called Poulet aux Champignons Suprême. I asked the stewardess what she thought it was. She looked around furtively. She drew closer. Then she said, in almost a whisper, "Chicken à la king."

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WHERE DO YOU THINK YOU ARE?

(Answers from page 76)

(Theme: island groups)

1. Washington
2. Ontario and New York
3. Hawaii
4. New Brunswick and Maine
5. Texas
6. Wisconsin
7. Alaska
8. Rhode Island
9. Louisiana

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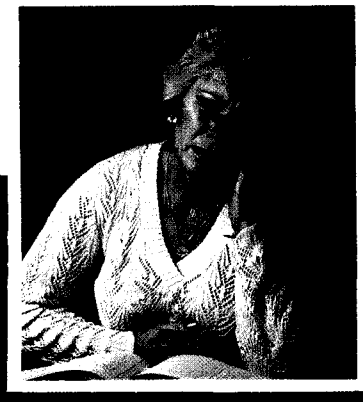

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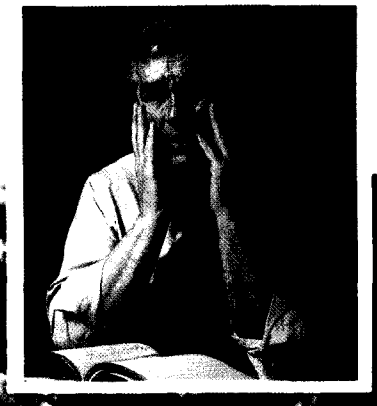

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